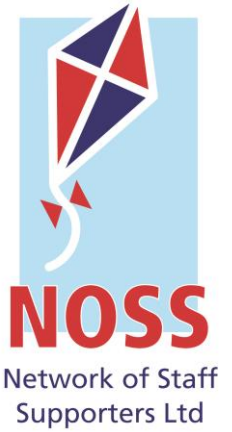




“In a Nutshell”

10 things about anger



1. Certain events do not make you angry. It is the meaning you attach to these events that determines your emotional responses.
2. Anger will not help you – it will immobilise you and you will become frozen in your hostility to no productive purpose.
3. Thoughts that generate anger usually contain distortions.
4. Anger is caused by your belief that someone is acting unfairly or an event is unjust.
5. Seeing the world through other people’s eyes may show that their actions are not unfair from their point of view.
6. Your anger will not achieve any positive goal – your rage causes more deterioration and polarisation from others.
7. A great deal of anger involves your defence against loss of self-esteem. Such anger is always inappropriate because only your own negative distorted thoughts can cause you to lose self-esteem.
8. Frustration results from un-met expectations. The simplest solution would be to change your expectations. For example, some unrealistic expectations that lead to frustration include: -
 - If I want something (love, happiness, a promotion etc.) I deserve it.
 - If I work hard at something, I should be successful.
 - If I am a good wife, my husband is bound to love me.
 - People should think and act the way I do.
 - If I am nice to someone, they should reciprocate.
9. Anger is legally permitted in this country. The crucial issue is – is it to your advantage to feel angry? Will you or the world really benefit from your rage?
10. You rarely need your anger in order to be human. In fact, when you rid yourself of that sour irritability, you will feel greater zest, joy, peace and productivity. You will experience liberation and enlightenment.