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Advice on Anger Management

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Advice on Anger Management

Anger is an issue that we all face each day of our life. Whether you are the one struggling to deal with anger or someone else, anger affects us all. Anger is an emotion when triggered will act out either negatively or positively. Learning to control emotions and anger is important to be a successful person in life.

Why am I Angry?

We all asked this question at some point in our lifetime. The best way to answer is to ask the person to reach deep in their own mind and search for the answers. Having full control of your life is virtually impossible, since we all have bosses. This causes anger for some of us, since we may have endured a life with a controlling person, or parent. We all have rules to follow and this often discourages people when they see certain rules are ridiculous.

We may live with our family and at times, someone gets on our nerves. We may work and feel that the job is just not happening, and wish we had a better position in life. We may go to school and someone is bullying us, or else intimidating us emotionally. There are many reasons a person is angry and all the listed at justifiable for anger to occur. What matters is how we learn to cope with our anger. Either we can take the path to destruction or we can wonder off down the road to success. Either way you are going to feel anger, since the road to success has many bumpy areas. However, the road to destruction has rocky roads ahead that will not only anger you, but others that you affected by your anger.

Since anxiety and depression according to scientist, play a large role in anger we can look at a few ideas to see if any may work for you. If you have severe anxiety attacks you may want to consult a therapist and ask for Buspirone, which has minimal side affects for treating anxiety. If you suffer depression, you may want to ask your therapist about the variety of serotonin-specific reuptake inhibitors that are risk free. Natural herbs, including Kava Kava are great for relieving anxiety, stress and depression also.

If you are not into pills, you may want to exercise and go on a healthy diet to build your body's cells, tissues, insulin, and so on. Once your healthy you will notice a difference in your attitude, which is a primarily function of the anger. If you have a hard time exercising, try to start out slow and work your way up to a good schedule. You may also want to write down your feelings, emotions, and thoughts and sort through the details each time you finish. If you have children and they are getting on your nerves, you might want to take a break. Ask a trustworthy family member or friend if they could take the children for a day or two. If you get a break, try relaxing your mind by using Yoga techniques. Or else spend your time doing something that you enjoy doing. Walking is also great for relieving tension and stress.

Tension and stress affects the emotions, which increases your chances of exploding out of anger. If you feel stressed go visit your best friend and talk about nothing. Enjoy a day on the beach or a night on the town. Maybe you worked hard all week and the stress is now catching up to you. Go to the store and buy yourself something affordable and nice, rewarding yourself for a hard week of work. Each time you do something good, be sure to reward your self since this promotes positive thinking. If you screw up then do not bang your head, rather tell your self you are human you and will make mistakes. Learn from your mistakes and move ahead. If you are in a relationship and your mate is a jerk do not be afraid to confront him or her. Let them know that their behavior is unacceptable and you will not tolerate these continuing habits.

There is nothing wrong with defending your honor and there is nothing wrong with addressing your problems, providing you do it without exploding out of anger. If you are having, financial difficulties you might want to run to the library and take out a book on credit repair. You will find many solutions that can bring relief to your life. Controlling your anger means controlling your life also. Worry only causes anger.

Anger Coping Techniques

Coping with anger is essential, since when we explode in uproars we are only causing more problems. Anger develops throughout the years, while we grow to adults. We may have lived in a normal environment, but our parents may have dramatized some of the natural growing processes while we were children. When this happens, it affects our developing process and we may grow up lacking coping skills.

One example can be seen when a child is frequently punished as a child and rarely complimented for his or her behaviors. The parents were probably not aware of the damage they were causing, since the child will probably grow up punishing his or her self each time a mistake is made. Most mistakes have no lasting affect on our lives, unless it is something serious. Therefore, instead of beating your self up review your mistakes and learn from them. If you practice positive thinking you will fare better when your emotions are threatened, which means you will have control over your anger. One great way to look at anger is that it is a positive force, however when it is utilized inappropriately then it is a negative force. Either we allow our anger to control us, or we control our anger.

Control is what matters to everyone, since if we do not have control then we are frustrated easy. One great coping strategy is learning self-talk. Take 15 minutes out of each day to review your thoughts and talk them over with your self. If you have a series of negative thoughts, such as I am a failure. Then you want to ask your self why you are a failure. Review all the good things you do each day and commend your self and when you see your mistakes remember everyone makes mistakes and there are probably no consequences to the mistake you made. If you get angry easy and break things, or yell and scream think of the consequences when you are reviewing your day. If you break things then you made a mess and it needs to be cleaned up. This means

you have to work an extra few minutes during the day to clean up your mess. You resolved nothing and the item you broke if of valuable would cost you when you replace it. This means you wasted time, energy and money.

If you yell or scream when you are angry then you are upsetting your heart, nerves, mind, and body. This means that in the end you may have long-term medical conditions. Now you can look at positive anger. If you take a few short breaths, you might find that your anger is unjustifiable. On the other hand, if there is justifiable cause for your anger you might want to slow down think for a few minutes and find a way to stress your emotions without interrupting your body, mind and health.

If you think about a person that throws honey instead of fueling the fire often gets further than those that blow up out of anger. If you are obsessively running through each day without slowing down then you need a coping strategy to help you deal with the stress. It is important to set a schedule in motion for your self so that you find time for you. When you pamper you then you are taking a step to coping with your anger. When you have, many tasks set up during a day then make a list of what needs done first. Do not procrastinate; rather handle one task at a time. When you finish a task, it is often smoother when handling other tasks.

It is important to remember that you are a human being and that you are not a superman or woman. Another great strategy is remembered that nothing is permanent. If you set your self up for failure most likely, you will fail. If you believe something will happen and later find that it did not then you set your self of for stress. Taking it one day at a time is often the best solution and repeating this over in your mind daily can help you cope with your anger. Anger in an uproar brings negative results.

Anger Management Controlling Anger

There are many experts claiming to have all the answers for controlling anger. The problem is not all persons with anger act out in the same way. Anger is something we all experience in our lifetime. The problem is not all of us can deal with our emotions appropriately. Some of us when angered will confront the person that upset us, while others will wait for a time before going back to the person and confronting them, only exploding while doing so.

Anger is an emotion that explodes when someone frightens us, threatens us, betrays, obstructs, disregards us, or harms us in some way. When this happens, a person will often strike out or ignore the problem until it burns deep in the person's soul and causes an explosion. We can see that if someone is attempting to harm us our natural instincts tell us to fight. If the possibility is available for us to leave the presence of the human being without harm, then we often resort to this method first. However, in most cases, we are not able to walk away then it is time to pull out the sword and battle. If we do

not have, anger pushes us to protect then we are in a world of trouble. It takes a real person to walk away from a fight, but what if your back is against the wall. How are you going to handle it? Effective talk can go a long way in a fight. If you know how to use your words with assertiveness, you can walk away from most battles. However, if you do not have this ability your fist better be up and ready to attack. One of the best solutions I found for avoiding both anger and harm is to remove myself permanently from bad influences and environments. This not only prevents problem it also helps me to function accordingly in life. The problem is we cannot always avoid persons that disrespect us, betray us, cheat us, lie to us, or even threaten us. Therefore, we must learn a way to use our anger positive, rather than continue a way that makes matters worse.

We can see all the elements that invoke anger when we travel, at home, at school and so forth. There is no way to escape problems, or people that annoy us, therefore, we are a system of angry people needing anger management skills. When a person is angry, his physical tells him or her that a threat is made against the being. The body will respond, acting out with accelerated palpitations of the heart, the pupils flare, the breath increases or decreases, and our tone is louder when we speak. The body will tell us with dry mouth and tension of the body that we are mad. If two people engage, in an angry moment, it is best to step back and deal with the problem once you have both calmed down.

If a person has angry issues it is, best to tell the person I will talk with you later, since this is going nowhere. Try to use positive talk to calm the person, rather than joining in the heated dispute. If the person has, a problem with anger the last thing you want is to get hurt mentally, verbally, or physically. Anger depends on the person's attitude, and if that person is negative, you can bet his or her level of anger will be out of control. A person with anger problems will often attack by insulting you verbally, striking you physically, or mentally belittling you. If you are dealing with this type of person, you will need to learn techniques to deal with this person, unless you plan to leave them behind. Most of this type of person views the world as a source of evil.

The entire world around them is responsible for the person feeling angry, since the actions forced them to think this way. In light, this person is correct to a degree; however, he or she has not learned how to manage their anger. When a person feels like this, they often neglect seeing that their success is a failure in many cases because of their behaviors. Therefore, we need them to see that anger management is controlling anger. Finally, is your anger delusional?

Anger in Control

The mind is a mysterious atmosphere was everyone has a different source of thinking. We all have our problems, some of us more so than others do. Most of us have emotions, which include sadness, anger, joy, and so forth. The trick is learning to deal with it in our own way. Some techniques suggested are logs. Logs are a recorded list of

emotions, feelings, expressions, solutions, and problems. After sitting around for about a half hour or hour we can look back over our log to see what ignited our fire. It is important to recognize the problem and learn a strategy to deal with it, or else learn to cope with the problem in your own way. If possible, you can look at both sides. For example, if Jack angered you then you want to record what Jack to make you upset.

A great approach for addressing the problem is confronting Jack in a mild manner if Jack in fact did something justifying your madness. Another way to deal with anger is talking you through the madness. Why am I mad? What trip my trigger? What was I thinking when I blew up? Why can I deal with this problem? This is self-talk and it works wonders. Talking to a trusted individual is also great for dealing with uncontrolled anger. The problem is you need someone with mental health knowledge. If you are talking to a friend and he or she says something that makes you anger then another problem is in the making. It is important to try hard to control your emotions when you are talking. This will help you to learn self-control if you practice this each time that you talk. A great solution is exercise.

Exercise has proven to enhance health, the mind, and the body, as well as controlling emotions. If you see that you are about to loose control, take a walk. Go around the block, or even walk three or four blocks. The more you exercise the more it helps. You might also want to go for a bike ride. Paddle until your anger blows through the wind. Laughing is another great remedy for relieving anger. If you are angry, try to look at the situation with a sense of humor. For example, I was ready to blow up the world at one point due to an incident and injustice. When I was dealing with it, I literally wrote funnies on paper and laughed uncontrollably at the way I put things in perspective.

The truth is if you do not control anger, it will control you. If you do not want to exercise, create logs, write, or laugh, then think of this: if you do not take control of your anger one day you are going to blow up at someone and this person is either going to attack back and may be more dangerous than you are, and/or you will be sitting at the local country jail searching for a resource to bail out. Once you get your buns in the criminal system, it is difficult to get out. You might pay your fines, spend some time in jail, hang around the courts for a while, and have someone else telling you what to do while on probation...this might last for a few months or years. Now, when you get your mug shot, fingerprints, and other reports you will see during the course of your life that others will constantly judge you as a violent source to society. This can affect your job, family, and life in whole.

Now if anger is a problem then you need to sit down and look at the consequences of your behaviors. If you fail to see consequences then you are in big trouble. Anger is an emotion that we all share. It is how we deal with anger that makes or breaks our lives and controls our level of success. If you have anger issues you might want to read the many reports that are available, analyze the scientific research for answers, and support to your uncontrolled anger problems. Reviewing your anger can help save you additional pains and suffering.

Anger Management Delusions

Courts are often misconstrued on criminals, and it often leads to destruction rather than recovery. One man was taken to court for violent behavior, simply because another grabbed his girlfriend in an inappropriate way on an area of her body, and he responded out of courtesy to her and to his traditions. Once he went to court, placed on probation, jail time, courts and fines, and after being evaluated by a professional, he claims that the professional said, "He did not have anger problems."

The man has a history of alcoholism, drugs, and child abuse. The counselor told him that he did not have anger problems; rather he had a problem with alcohol and drugs. Another source claims that he had issues, and they were never addressed appropriately, and that anger management classes only made him angrier. The problem with the first guy was that he was fighting for respect since this is how he was raised, and the courts ignored him. They focused on the money rather than understanding what he was dealing with and over dramatized the entire case. This happens every single time that a person goes to court.

The courts automatically assume that a person has a problem once they commit a crime. The first man has never acted out violently in his history unless someone disrespected someone he loved. Therefore, he does not have anger problems; he has a problem that goes deeper than anger. The system is nothing more than a gimmick to earn money, and often will take full advantage of a single mistake. The man was an ex-marine that was taught to KILL and to fight, and yet he is not the one with anger. All he ever wanted was for people to leave him alone, and leave alone the ones that he loves. That is all he asks for, and so the ones with anger problem, are not the ones always sitting in an office being evaluated.

Most anger problems are stemmed from another source and often this is ignored. They often do not see what the other person did to anger or provoke the person involved in the assault. Therefore, it is always placed on the victim rather than the perpetrator, and this would piss anyone off. The files of Cass County Michigan alone (Corrupted Police and Justice Systems) has hit the charts abroad the Internet, and this is often ignored, while the so-called criminals are hit with persecution for the rest of their lives. The problem then is not the individuals suffering with anger issues, it is the system that is ignoring the truths and subjecting the perpetrators and victims to control. After carefully evaluating the first man spoken of in this article, I see that the person does not have an anger problem; rather he has symptoms far more complicated than what anger others have to offer. Let's take a close look at anger and what it really means, before we diagnose another individual of anger problems. The terms as illustrated in Webster Dictionary are "to make angry," and/or "to become angry."

As you can see, ANGER is a source triggered by another source. (This is by no means an excuse for anyone to abuse another person, as no one has that right). In most cases of Domestic Violence, the perpetrator has a serious mental illness that often includes Anger, but other circumstances are involved. This person was not a mental health issue, rather a victim of circumstance, and needs to address is denial of alcoholism. Anger management is controlling a source that is causing trouble.

If you want to control sources, you need to address the many issues involved. There are many types of people in the world with various diagnoses, and often it is ignored. The controversy lies between acceptance and denial and someone has to deal with it, yet few ever do. The problem then is alcohol is the underlying source of anger in some cases, but the overlying problem is deeper than what most really want to address. Anger is a problem but to understand the source you MUST address all underlying and overlying triggers and problems that are involved to deal with the problem. Anger management classes are for all that deal with anger out of control.

Anger Management Out of Control

Anger is stemmed from hate and when it is not dealt with the person often acts out aggressive putting self and others at risk. Persons acting out in anger often have underlying issues that is missed, or else has not been diagnosed. It could be relatively to alcohol and/or drug abuse, as well as mental illnesses. Often the individuals have difficulty dealing with their emotions and feelings and will attack out of anger. The root of this frustration is often rooted somewhere in the persons past. The individual may have been abused as a child, underdeveloped or severely neglected.

Another underlying cause may contribute to negative influences. For example if a child has been bullied and no one handles the situation, he or she will probably develop anger and it will continue to grow. There are classes developed for people that have inability to control their behaviors or anger. The classes are designed to get the patient to open up and address his or her feelings and emotions, and then come to an area of management. The classes often have other individuals with the same level of uncontrolled anger and together they work to get along with others.

Often a trained therapist will conduct the classes and deal with each other in a group-oriented atmosphere allowing each person to explain his or her problems and situation. The therapist will often work to address each individual, sometimes making them angry in an effort to find the root of the problem. When therapist is dealing with hate and anger, they must stay alert since potential risks are involved. If a person is triggered and anger is the issue, the person may become violent. Violence is something we all want to avoid; therefore, to deal with the patient therapist must enter with caution. Again, there are underlying issues to address; therefore, we must look at all aspects of the person's behaviors, thinking patterns, logic, and so forth. If the person is illustrating illogical thinking then it is obvious we must get the person on track.

Of course, the patient may have cause for the anger, yet we must teach him or her how to deal with it in a more suitable method. We can look at the thinking patterns to determine if mental illness is the underlying source of the person's disability. If mental illness is involved, we want to send the person to a qualified mental health expert for evaluation. However if alcohol and/or drugs are involved when want to send the person to drug and alcohol classes. By combining mental health expertise, anger management

classes and/or drug and alcohol classes, we can work toward recovery on the level of problem. After a series of treatment, it might be that the patient will also need medications to control his or her anger. Often when a person has anger issues and is allowed to talk through their problems they often find relief and can move forward into a positive light.

Anger is a miserable home to habitat, therefore someone is suffering as a result and everyone is at risk. None of us really wants to undergo pain and suffering. When a person has anger issues, it often affects the central nervous system, the mind, body and so forth. This adds additional risks to the person suffering and if not addressed we are looking at more cash and time to deal with additional problems. If you notice, your child is showing aggressive behaviors it is important to get help immediately. Most parents care for their children and often notice when a child is behaving inappropriately and often. It may be that the child has a mental illness from hereditary is in need of immediate help before other symptoms develop.

If you have a teenage child that is, showing aggressive behaviors you might want to sit him and her down and ask what is going on at school? If your child had not illustrated these types of behaviors before then something is going on. Before it gets out of hand, help him or her to learn to manage their anger. Life is too short to let your child go unnoticed. Anger is a problem but anger management is the tool to reduce the noise that anger causes.

Anger Problems and Management

There are many anger problems in the world, which calls for a variety of management since not all angered persons act alike. Some of the angered persons can walk around the block and cool down, while others cannot. It depends on the person and degree of anger involved, but everyone is different, therefore we must look at anger on different levels. We all get angry. There is no avoiding it. However, how we deal with anger is what matters.

The society has its own set of rules and regulation that defines how a person should behave in society. This is corrupted, since every one of us is different in our own way. We are based on ethnics, class, gender, race, culture, and so forth. This means that each of us has emotions on different levels of teaching and mental status. Normal is defined as conforming to a set of rules, standards and principals. Principal is defined as the most important or leader. Therefore, what these people believe may not be what another person believes. We are all taught to believe that the leaders are right and the rest of us are wrong. This is incorrect, since the leaders have proven failures. Therefore, anger is the seat of controlling individuals in the world.

This is only one portion of the many roots of anger. If a person grows up in a dysfunctional home, it is said that the person will most likely become a menace to society, since this person did not meet the standards, rules, and principals of society.

However, I have analyzed dysfunctional children and adults, and acknowledge standards, morals and values that the so-called norm society lacks. I have watch dysfunctional children grow into progressive adults, making a name for them selves in society. I have watched dysfunctional children commit crimes, and feel remorse, and at the same time watched the higher class of people commit crimes and make excuses. So we see that moral and values are another root to anger.

We see that when a person's rights to moral and value belief are violated it creates problems. Now, here is the trick. If our beliefs differ from the so-called norm then we need to reroute making a crossroad the disengages us from society, yet makes us fit in unnoticeably. We are able to adhere to our own beliefs, values and morals without interrupting the society. One method for this is writing. If you can write sit down and write a damn good book expressing your opinions, theories, ideas, beliefs, et cetera and if possible get it published. Not only are you dealing with your problems, you are also telling society, the legal system, the political world, and the religious cults what you think and feel. This is great, since everyone reads and instead of beating the hell out of someone for their ignorance, you can tell them off in a book.

If you cannot publish then at least you are venting your anger in words. Words have proven to be affected for dealing with emotions. If you cannot write, but have other creative/artistic skills then put them to good use. I found that many individuals that have mental illness, anger issues, and so forth often have a creative/artistic side that is often ignored. I noticed when the skills were put to good use the persons were more relaxed. Dancing is a skill of creativity and artistic, and if you practice dancing you might find your anxiety and tension subsiding.

There are many techniques and strategies for dealing with anger, yet we have to explore each method, since all of us are different. The ignorance and stupidity alone in the world is enough to make anyone blow up with anger, however, it is all how you handle it. If you learn control, you might find others listening to you when you are speaking in a mild manner. Throwing honey on a problem brings forth more results than throwing fuel on the fire. This brief information of anger problems and management is nowhere near enough information to deal with the many problems we all face; however, it is a start to success. We all must conquer anger!

Conquering Anger

When you are conquering anger, you are taking control of your life. We all lose control from time to time, but if anger is getting the best of you each time you are rejected, frightened, or interrupted emotional then there is obviously a problem existing. If you feel, you have a problem controlling your anger you might need anger management therapy or mental health services. You might even visit your doctor to see if a medical condition is not contributing to your anger. It depends on the person, but in most instances, we all deal with distresses, stress, and aggravation most of our lives. It is learning how to deal with it that counts.

Anger is an emotion than can cause us more trouble than what existed causing the problem in the first place. Self-control is often needed if two or more people are involved in a conflict. If more than one person is angered in this group then problems will occur if both parties are striking out at each other. Problems often get deeper when anger bursts occur. When anger is controlling our society, we will always have crimes, abuse, violence, health issues, heart attacks, mental illnesses, and so forth. As you can see, nothing good comes from uncontrolled anger. After careful study the statistics of angry emotions has concluded that all of us have the ability to kill, harm, injure, or sabotage another person (s) life.

When a person is angry is often a result of threatened emotions, such as hurt of our self-importance, rejections, difficult to deal with prospects, and antagonistic flight of the imaginations. Most of us are selfish and will often consider self rather than considering others first. When we do not get our way sometimes, we might blow a fuse and strike at the target that made us mad. Our actions often prove failure since it leads to more problems. If both parties are screaming at each other it often instills additional anger that builds up and remains there until the opportunity is available to blow another fuse. This goes on and on and nothing is resolved. Our countries have a higher divorce rate than ever and it is often because the couples could not come to a term of agreement.

Now if one person out of each home is using their head in the heat of the moment then we have a hope. We can see in one example how anger got in the way and caused a major problem. A couple is off work for the day and the man is irritable and snaps at his wife. His wife loses her cool and shouts at the husband calling him a stupid jerk. She continues to scream at him telling him that he does not respect her and finally he loses his cool and joins in the screaming match. The two argue and scream at each other for short time and then the wife turns on her heels and storms in the bedroom slamming the door behind her. She yells through the door, by the way you are sleeping on the couch tonight jerk. Now if the wife would have said honey you seem irritable is there something I can do to ease your mind. Is there a problem we can work through together? What do you think would happen if the tables were turned and the wife approached the husband lovingly and offering her support? The couple would be sleeping together in their bedroom enjoying a peaceful rest most likely.

We can look at another example where the anger is a little more out of control. For example, what if the wife is menstruating and she is irritable and her husband is tired of her rejecting him. Now he approaches his wife and calls her a selfish witch. She shouts at him and tells him he is not respecting her feelings, and he then starts shouting back at the wife. The wife gets mad at her husband and slaps him across the face, punching and kicking him as her anger increases. Now we see we got a serious problem in front of us, and one or the other is leaving because they are tired of the other. Now if the couple would have took a deep breath and stayed away from the other it might have proved effective later. However, if the husband would have been supported to his wife's emotions during her monthly cycle we would most likely had good results and a problem on top of the existing problem would not exist. Uncontrolled anger is selfish and it hurts others, therefore we must all learn how to manage our anger and emotions. Controlling anger enhances a life.

Controlling Your Anger

Controlling your anger is not always easy. It is important when a person has anger problems to try to talk to the person. Avoid losing your temper yourself since this will only cause another problem. When a person has anger issues then that person puts others in danger and if we lose our control then we have a seriously chaotic situation that could lead to violence.

If you have a child that has anger issues, it makes sense to keep the chain of communication open. Sit your child down and talk with him or her attempting to find out what is making the child frustrated. Do not wait until the child is out of control and then try to talk. This only fuses the person often. Wait until the child cools down and then ask him or her what they feel caused the interruption. You might want to search your own area of contact with the child to see if anything you said or did made the child angry. This will help you to avoid this the next time you and your child are together. My child had anger problems and he was told to take a walk or a cool down period before addressing the issues. Of course, my child had mental illnesses underlying the anger and this contributed to the problems we endured.

Self-talk and talking is always helpful when we are dealing with anger. Try to find the source of the anger by talking through the problem. Some recommend the angered person counts to 10 or 15, however if there is an underlying cause then this does not always work. The best solution is finding what works for you. It is also recommended that the child play a game, such as PlayStation, Nintendo or other game console and play until your anger ceases. Again, this works for some of us, but not all of us. A great technique I found valuable was drawing the source of your anger if possible. Writing, self-talk, talk, art, and music has proven in my experience to be more effective versus the other types of techniques offered.

Exercise is also great. Running around the block, riding a bike, or going for a walk has proven helpful for eliminating anger for some individuals. Dance is great for relieving anger. Dance is a natural source of getting in touch with your feeling. If you ever wondered what the term she's got soul means, well when you dance, feel the music and adhere to the steps of the beat then you got soul. There is nothing like the boogie fever since it relieves stress, tension, anxiety and makes your body and mind feel good since you did something constructive. If you must vent your frustration on something, get a punching bag, or else beat the heck out of your pillow. Some great advice came from health fitness experts when they advised me to enlist my child in Kick Boxing, Boxing, or Wrestling. This is said to teach the person control. Karate is another recommended source for helping a person deal with anger. The problem is when we are dealing with anger; we must get the other person to cooperate.

Since most persons angered will find an excuse why the techniques provided to them does not work, it is important to get them to understand their anger, the problems and how the techniques can benefit them if they apply them selves. Crying is good for relieving stress and anger also; however, this is not always suitable for everyone. My children were raised understanding that it is ok to cry regardless of gender. Therefore, we need to teach our children regardless of gender that it is ok to express your

emotions and feelings. That is not a disgrace; rather it is a developing of character strategy that works best for us all.

Emotions when suppressed will create more problems for the people in society; therefore, it is important to address your feelings and emotions when they arise. Dealing with the problems when they arise is the best solution for dealing with emotions. Controlling your anger is not always easy, but it is possible. Dealing with negative anger is wasting precious time.

Psychotherapy Anger Management

When we are angry, we often find a way to deal with the stress that anger brings. Some of us however cannot find a way to deal with our anger. A faithful strategy I used to deal with anger is to handle the situation when the opportunity arises. If someone does something to hurt me, it depends on the situation but I got resources, therefore I put those to good use. When I feel sometimes, I go inside my mind, find a restful area, and talk to myself.

I often find humor whether it is ironic, ridiculous dark, humorous, or what have you. Anything that makes me laugh often relieves the stress my body and mind feels when I am angry. Blowing up at the source that made us angry is not the answer. This only creates a more difficult problem. Therefore, if you have a problem with anger you might want to go to anger management where psychotherapy is available. Anger management helps a person to get in contact with his or her mind. It helps them to see that anger is the root of emotions that are out of control. It also helps the person to see that anger can be controlled if you learn behavior strategies to modify your attitude.

If you have problems with anger, you might have an underlying situation, which includes mental illness, alcohol or drugs. Do you drink heavily? If so this affects the body, mind, and will make it difficult to manage your anger when you are threatened or feel as though someone let you down. If you are taking drugs, you may want to consider that drugs can cause great harm to both your mind and body and enhance your mood, making it easier for you to explode when you are angry.

Drugs never help, they only cause more harm. If you have mental illness, you might want to consult with an expert in the mental health industry to learn more about your problem. Symptoms are a part of mental illness and anger is one of the many signs that mental illness includes. Not every personality disorder has anger problems, but many of the mental ill do. The symptoms may include inability to comprehend, which often causes anger to erupt since the person has difficulty understanding the person speaking with them. Another symptom in mental illness that causes anger is voices outside the head. If you are hearing those negative voices telling you that someone is going to kill you, or instructing you to kill someone you love it can drive a person mad.

Hallucination is another symptom in mental illness that can make a person deranged or angry. When you are seeing things that do not exist, yet appear real, it makes you angry inside when the symptoms subside and you find that you are out in left field. Delusions can also trick the emotions and make us feel out of control. When a person does not have control of his or her being, it often frustrates the person, making them angry.

Anger is also created when person's behaviors are criminal, or potentially criminal oriented. If you have a compulsive lying habit then it often degrades your being and makes you angry. You might blow up at someone for simple words, but the source that made you angry is no one but your self. Likewise, if you are thief it is also degrading and will only dehumanize and deprive you of the ability to control your emotions. If you are experiencing any of the listed sources of anger then anger management is a great start to dealing with your emotions and anger.

Anger management is a form of psychotherapy that offers you the tools to learn behavior and control anger. The systematic problem can help you to learn to associate with others without blowing your fuse. If you have difficulty, speaking up then anger management will guide you through the steps to recovery. You will address your problems, learn how to manage them, and learn how to function as a healthy person in society. Anger is good, but when it becomes a problem then anger management is the solution to success. Next, we will review anger and see how it links to aggression.

Reviewing Anger and Aggression

We can review anger and aggression to have a deeper understanding of our emotions and work toward anger management. Often when a person feels frustrated he or she is subject to ignite when their emotions are threatened. Frustration does not occur over night; rather frustration occurs when underlying issues come to focus. Frustration then is an unfathomable unrelieved sense or state of lack of confidence and displeasure arising from unsettled problems or discontented needs.

Anger then is the feeling of anger when a person does not get their way, or a series of issues was buried waiting for the time to attack. Aggression then is a forceful act or modus operandi utilized to dominate another individual. Aggression is an argumentative, harmful or destructive behavior or viewpoint particularly when caused by frustration. Aggression can be good if our lives are in danger, but in most instances aggression causes harm. Assertive on the other hand is an effective form of communicating your feelings to another individual without causing injury, destruction or arguments.

Assertive is a strong, bold confident we have within that helps us to defend our rights when others wrong us. If we learn the difference between aggression and assertiveness we can learn good behaviors, while controlling our life and avoiding more problems. If you are frustrated, you might want to sit down and review your beliefs, opinions, theories, reasoning and so forth. By reviewing the sources that make you angry you can

reduce the tension when you see that blowing up is not worth your time or effort, since the frustrations are out of your control. For example, if you are reviewing you might see the other side and conclude that your frustration is out of order.

Assertive action against another individual that has wronged you can prove more affective than blowing a fuse. We can see in one example how a person blows their fuse and what consequences he or she must face. For example, a couple engages in an argument and a fight breaks out. One of the individuals was accused of spreading lies against the other person. The violent episode attracts the neighbors and the cops are called. When the police arrive, both parties are placed in handcuffs and both are taken to jail. Their problem increases since they both may pay fines, court cost, and possibly pay probation fees.

Therefore, one problem led to a series of problems and it does not stop there. When the couple is free of all fines, costs, jail and so forth they will have a police record where everyone will judge them for the rest of their lives, viewing them as immature and violent people. Now let us look at another example where assertiveness was used in the scene. A couple confronts each other after one person spreads lies throughout the neighborhood about the other person. The person victimized by the rumors walks up to the opponent and says, why are you telling people that I have a drinking problem? The other person might say, I did not tell anyone that you have a drinking problem. Wrong says the first person, you told my best friend who is not a liar. Well, I assumed that you had a drinking problem because you drink every time I come to your house.

Because I drink every time you come to my house does not mean I have a problem. I refuse to allow you to continue dragging my name in the mud and nor will I allow you to visit my home again if you continue lying against me. Friends do not harm other friends. If you have issues with me confront me with them instead of going behind my back. Very good job! This person did a wonderful job asserting self and the results will most likely prove fruitful. Let us see what happens. I am sorry; I did not mean to offend you. I will confront you the next time I have a problem. I am concerned however that your drinking may be a problem, since you do drink every I visit your home. Well, then let us go to my place and discuss the issue. Stress management is dealing with anger.

Stress Management Dealing with Anger

Understanding stress and stressors can help you move forward and deal with your anger. If you feel like your body is filled with tension then stress is the cause of the problem. Stress is often a result of interrupted triggers from your emotional response. Stress is either negative or positive; therefore, we must learn to deal with stress in order to succeed in life. Negative stress may last for a few days, weeks, or even months. When you are stressed, it is often difficult to manage your life and deal with your problems. If you feel pressured or frightened your stress level will rise.

Now we can look positive stress by viewing an incident. Pretend you are traveling down an Interstate when suddenly a motor vehicle swerves in front of you and you miss the car by inches. Now if you have control of your life then you will think swiftly to avoid hitting the vehicle and take a few deep breaths to control your anger. If you do not have control of your life (negative stress) most likely, you will cause an accident or hit the vehicle, or even miss the car and scream vulgarity to the driver at fault. Your mind will probably ramble on for the entire day.

If your mind is rambling then you reach your destination all to find out you cannot deal with the tasks scheduled. Now you have a bigger problem. If you would have taking those breaths and let go of the moment then you would be able to complete your day without a struggle. Of course, the incident involves mild trauma, but no one was hurt. It could have been worse and someone could have died or else been hurt badly. Therefore, we can say that preparing the mind for reality and its dangers can benefit us and help us control our life and anger.

If you wander through life believing that you are invincible then you are setting your self up for a fall. Life is filled with chaos. Your chances of risk are at least 10% and your chances of not failing into the hands of faith are 90% giving you a higher odd to deal with. Therefore, if you can remember that your odds are in your favor then you will let go of those negative thoughts called stressors and continue living your life. If you feel that, you are out numbered then you need to loosen up get in society and find how many people in life have more problems than you.

Take into consideration your own problems, yet review the world's problems and calculate your situation. For example, if you are behind on bills, the mortgage is due and your check is late then you have a problem. This can be dealt with since your check will be in shortly and you can pay what is owed. Now let us take a look at someone else that has problems. Review the homeless people on the street without jobs and suffering poor health. Do you see a way out for these people? Is anyone going to hire them? Most likely not since they do not have money to get clothes that are suitable for a job. However, there is an out if you think about it. This problem is deeper than what you are facing and still there is a way out.

Another example can be seen when two men walk into a woman's house and attempts to rob her. The men put a bag over the women's head and beat her. The woman is blind. There appears no way out of the situation, but a group of motorcyclist hears the woman has screamed and give chance to the men. The woman survives, but extensive trauma prevents her to cope with the stress of the situation. If you think, you got it bad you need to review the lives of others that are suffering. The situation has a resolve, unfortunately it will not resolve itself until someone thinks about what needs to be done.

Teach stress management to deal with your anger. Dealing with anger can help us live a more productive life.

Dealing with Anger

Dealing with anger is never easy, since the people are always dealing out problems and reasons for conflict. We have to deal with increases, deflations, war, violence, crime, and everyday common responsibilities with continuous interruptions. There is not one person in a forsaken world that has not gotten mad at some point. Anger is an emotion we all deal with.

Anger comes in many forms, but the root of anger is hatred because of a lie. This is true. When the first man and woman were created on the earth, the first noted problem was a serpent in the form of Satan that lied to, deceiving the woman. Once the lie took off, the world began suffering many problems, including violence, murder, war, shortages, pests, weather disasters and so forth. Since the first lie, the world has gone chaotic and continues to worsen as the years roll by.

We can examine how a lie can instigate anger by looking at one individual. The person engaged in criminal activities, including stealing, writing bad checks, and selling prescription medications. Now this person had to work lying into the picture, since she felt that her behaviors and actions were only a source of survival. Therefore, she was lying covering up her crimes. As the years grew the person became anger and unmanageable because of her behaviors, beliefs, thinking, and so forth. The person began acting out as if any uncontrolled anger person would act. This included, underminding others, insulting others verbally and physically, threatening, belittling, mocking, and so forth. The woman was diagnosed with mental illnesses, including Posttraumatic Stress Disorder and Bipolar. She also had health issues, including diabetes. Now we can look at all the aspects of the person's anger, yet we can see if we search deep enough that her lying, which caused paranoia was the basis of her behavior problems.

Many persons in the world have a problem with anger. Many of the persons with posttraumatic stress disorder often act out angrily reacting to a flashback. This is right! Persons with posttraumatic stress disorder often repress their emotions. When they are violent or angered it is often because they are fighting the source that caused their trauma and not the person in their present. Therefore, we do not see this as the problem of the woman's anger, since she did not show signs of this in my presence. Therefore, I would exclude posttraumatic stress disorder, or at least minimize the symptoms.

We can look at diabetes, since this illness affects the nerves. The shortage of insulin creates additional problems, and many with diabetes will become upset for little or no reason at all. However, most will not act out angrily assaulting or hurting another. Therefore, we can see that emotional problems are underlying the diabetes when they become aggressive. We can also look at the crimes committed and see that we have a serious behavioral problem that leads to lying. Therefore, when we look at this individual we have to deal with the underlying problems to stop her from lying and moving ahead, avoiding anger interruptions. Now, the person is in denial, which means that until the legal system makes her take steps to management, then she probably will not get help herself. In addition, even if the criminal system will force her to get help, it probably will not work, since her denial has been existing for more than twenty-five years.

Now we are dealing with a real anger problem, since the behaviors are life long, which means extensive therapy is needed. Anger is an emotion, but when it interferes with another person's life, it is a serious problem. This person is not hurting one person, she is hurting everyone since when she steals or write bad checks, society pays with tax increases, as well as other increases. One of the biggest problems I noticed with this type of person is the system and society will allow continuing; only addressing it when someone is caught. Once the person is released then the person continues again. This is a chain of out of control management and anger. Going deeper into the mind of anger can help us to see more into the emotions.

Deeper into the Mind of Anger

Many scientists, so-called experts, philosophers and so forth tell us all about anger and anger management, but do they really give you the inside stories? We have people all over the world with anger issues, some mild, some extreme and some within the normal emotion of anger. We hear all the symptoms of anger, which include kicking, fighting, slapping, verbally abusing, mentally abusing, and so on. We hear reports around the world about the many episodes related to violent in the criminal system. Finally, we hear the many reports about how to deal with anger.

First, anger is an emotion that acts on impulses. Anger is good, until it becomes unmanageable. This happens when a person feels displeased and acts out on the impulses of his or her emotions radically. However, there are some persons angry as a direct result of negligence. We can see an example with the person that strikes out against a cable company. The person for more than three months dealt with the issues involved with the company, self, and another party. The person was paying a bill in someone else's name and the company refused to give her rights back to her, by putting her service, which she ordered in her own.

She went through a series of changes, and finally when she did as instructed the company advised her that she would take full responsibility of the property belonging to the company. This meant that the service on the bill, which she did not order, rather only one portion of the order belonged to her, yet she was asked to take full responsibility of the property. Now, she was in no position to get her hands on the other portion of the property since she did not live at the residence. Finally, she erupted and told the company off, walking hasty out the front door, mumbling you stupid idiots.

This person was pushed to anger and this happens too many times in society, yet the world only views the angered persons. We can look at other theories about anger, and see that the blanks are not filled in. When a person has an anger issue, he or she does not act out everyday. Rather, in most instances the person builds up to the point of exploding. Often a person will go for a week, month, or longer before they explode in anger. If the person has mental illnesses, alcohol or drug problems this contributes to the anger issues, however in many cases the person does not act out every day.

Therefore, we can see that not only do we need to teach anger management against the anger; we also must teach the persons to approach each problem as it occurs. Procrastination comes in many forms and it includes putting off emotions to the boiling point. Many persons that are violent because of uncontrolled anger often have a dangerous mental illness underlying the anger. Many persons that are angry because of negligence have a degree of control, and it usually does not include violence. However if the person is pushed hard enough this may occur.

Anger is the process of expressing emotions, however when a person is angry they may have difficulty relating to the underlying reason for the anger. If the person can see the problem, addresses it, and receives no results, obviously this person has a right to feel angry. The person may have said to the company worker never mind I will be talking with my lawyer. After going through many problems with the company, it is obviously that the person needed a third party to intervene.

Now, if this person hires a lawyer the first noted report will be the woman's behavior regardless of the months she spent talking nice to these people without results. Her rights were violated and ignored and no one was listening. This is definitely enough to make anyone angry. The system is always dishing out garbage and it is often frustrating. Most people in the world listen to what they want to hear and ignore what is said. This is also frustrating. We need to listen to all the details before talking anger. Depression is an element of anger.

Depression and Anger

Depression and anxiety is said to be the cause of uncontrolled anger. When a person is constantly worry about things they have no control over or even have control over it often causes depression. If you feel that, there is no hope your sad emotion will implode on your life and cause you to sink into a whirl of chaos. Taking control of your emotions produces good results. If you feel that the world is crumbling down then you are probably thinking negative, which instigates depression and anxiety. In this article, we will discuss some techniques to help you cope with anxiety, depression, thus relieving uncontrolled anger.

First, let us look at your symptoms. Do you feel like you are going out of your mind? Do you shout in your head that I cannot take it anymore? Do you feel like someone is out to get you? Do you think people view you as a crazy person? If you are suffering any one or all of these symptoms or thoughts then you are in the process of suffering anxiety and depression. If you do not find a way to think differently then you will probably explode when your emotions soar and your anger bursts. Instead, of telling yourself that you are out of your mind, why not tell yourself that you are emotionally interrupted and need a resolve.

Review all the problem areas carefully and search your database to see if there are answers to your problems. Reviewing often opens doors to resources you may have

overlooked. If you feel like someone is out to get you then you might have a chemical imbalance or a mental illness. Why not visit your doctor or a mental health expert to learn more about your symptoms and find a way to gain control of your life. Anxiety and depression will play tricks with your mind and sometimes the thoughts are a result of a chemical imbalance. If you believe, people think you are crazy you might want to remember that most people have their own problems and have no time to analyze you as a person. When you walk into a room and think that people are staring at you, you might want to remember that people observe things around them, making sure everything is ok and then return to their own lives. If you feel like you cannot take it anymore, pick up your torture stick and walk another mile.

When times are difficulty it does not mean it is the end of the world although sometimes it may seem this way. If you are struggling to pay bills, fighting to hold a family together, or having difficulty with your children then remember we all have this problem at some time in our lives. Are your children driving you nuts? If they are, take a break. Go do something entertaining or exercise. This often relieves stress that leads to anxiety, depression and anger. Life is too short to worry about the things you have or do not have control over. If you have problems, the answers are within you so it pays to review your mind. If you are struggling to reach goals then you might want to break your goals down to smaller segments and work slowly to achieve.

If you set goals within reason, you will not need to stress your mind finding a way to achieve your target. It is important to pamper your self each day. Learn some coping relaxation response techniques that benefit both your mind and body. If you feel overwhelmed, you might want to inhale and exhale breaths for up to 10 counts. Curling up on a couch and watching a favorite movie can benefit your mind and body if you are letting your thoughts go. Learn to focus on what you are doing instead of worrying about what you are not doing. This often clears the mind and helps you to relax.

If you subject your self to anger, you will most likely have difficulties for the remaining of your life until you learn to take control of your emotions. Remember depression leads to uncontrolled anger. Domestic violence is another area of anger we all want to avoid.

Evaluating Anger

When we evaluate our thoughts and emotions, we can often find the answers to our problems. If you are prone to erupt when your emotions are threatened, it might be you are acting irrationally in most instances. When we evaluate we are studying a problem, the value of the problem, the solution to fix the problem, and the significance of the problem. When we evaluate our mind slows down and thinks before it acts. If you are lacking in this area you might want to start practicing now since anger only leads to real problems. Some examples can be seen in the following paragraph.

Kerry realizes that her job is creating an emotional interruption, simply because her skills succeed the jobs requirements. Kerry realizes that she is underpaid and this is causing

another problem in her life. Kerry's situation is real, since Kerry realizes what the problems are and they truly exist in her life. Now Kerry can procrastinate and allow the problem to increase rather than reviewing her resources and problem carefully. If Kerry decides to evaluate her mind, she might decide to apply for another position or job while continuing to work at her present job. This will allow her to assume her life and have a steady flow of income while she waits for a better position. Once she lands a better career, she can then relax after the rush of the moment has ended. However, if Kerry acts out on her emotions, blows up at the boss and storms out the door. Kerry because of her anger out burst will not have a job, no money, and her future is at risk. The boss will be called when she lands another job and will likely tell the new employers about Kerry's behavior problems. Therefore, Kerry did not fix the problem by evaluating her resources and emotions; rather she added fuel to the fire. As you can see from an example that emotions out of control and anger in action will increase your chances of failure and reduce your way in life.

Decisions are an everyday part of life. If you are evaluating your life and making good decisions, you will almost never get off the course of life's journey to success. On the other hand, we must realize when we are evaluating life that problems will arise and that we all must face the problems head on. Keeping a good outlook on life can help you to deal with your anger. If you realize there is no mountain we cannot cross over then we can see a way out of trouble. Let us evaluate mountains. If we are crossing a mountain, we know we need tools, rope, confidence, and a strategy to climb over. Likewise, if we are dealing with anger then we need tools, strategy confidence and hope to endure the road to recovery. We will only need a rope to hang our self with if we do not learning to manage our emotions and anger properly.

Think of life as a roller coaster ride where there will be bumps along the way. In reality, the ride is intense, exciting and challenging. If you are challenging the potentials by evaluating your anger and emotions, you are taking control of a rocky situation. Again, most our problems are stemmed from our own decisions and if we learn to stop and think before acting we probably will have less problems along the road to life. If you feel like you are losing control stop and think. Take a few deep breaths and gather your thoughts and emotions. Review the situation in front of you to see if there is a better way to deal with the problem. The only real way that anger becomes useful is if you are in a situation that is risky and there are no way out. For example, if you are in a fight and the person refuses to comply with your positive behavior then it is obvious something has to give since the other person is not reasonable. We can think of anger as a good force or bad force to see that anger either benefits or leads to a major problem in our life. Fear is the root of anger!

Fear as a Root of Anger

Fear is the ultimately underlying source of anger. If you have a mental illness, substance abuse problem, or difficulty with managing your anger fear is the source of your problem. When you learn to deal with fear then you are taking the steps to take control

of your life by taking control of your anger. One of the best solutions for dealing with fear itself is to use rational self-talk techniques. If you are a person that strives on negative thinking, such as oh well, that is the way it is and it was going to happen anyway, there is nothing I can do about it. If this is you then you need to rethink this statement, since in most instances, you can prevent or else you can change what happens in your life. This negative thinking leads nowhere and often increases a person's chance of exploding when anger develops.

Most people are shallow in the mind when they refuse to see the positive in life. If you believe that you are hopeless, which is obvious in the above statement then your anger will rule you and you will always have additional problems in life. If you go to a bar, drink a few beers, leave and are pulled over you cannot say oh well, that is the way it is. You set yourself up for the failure and heartache, therefore if you would have took a designated driver or took a cab home this would not have happen in the first place. If you are the type of person that lives off if then you are also setting yourself up for failure. What if the sun drops from the sky tomorrow and never reappears.

This irrational thinking leads nowhere and creates a fear. What if the sun dropped from the sky tomorrow and never reappears? Therefore, what, you cannot do anything about. Change what you can change and leave what you cannot change alone. One day at a time, my friend is where it is happening. A person might set them self up for anger eruptions by pondering on something that was done a week ago. Let go and let free your self from the pressure, since you cannot undo what has already been done. It is gone so why worry about last week when today is here. It is important to learn to appreciate what you have and what you do, rather to stress your self over things that are not in your control. If you have difficulty, making decisions you might want to remember that we all have to make decisions in life.

Decisions mean that a problem is current and needs to be resolved. This does not mean that world has tumble, rather it means you need to take the steps for solving the problems. You could start by evaluating the problem carefully. What does the problem entail? Next you can review your choices for solving the problem and pull out your resources to deal with it. After you have finished you will want to collect all necessity needed to resolve the problem. Finally, you will need to review you choices, decisions, the problem, and all the needed information to resolve the problem. Once you come to a conclusive decision then take the step to handle the issue right away.

Putting things off only makes matters worse. If you made a good decision and outcome prove fruitful, be sure to pat your self on the back for doing a good job. Do not linger on what if, since if it has not happen yet, it probably never will. On the other hand, if it does happen it might be a result of your decision, attitude, behavior, et cetera. This does not mean the problem cannot be addressed and changed to make your life livable. Life is full of problems and we all have our share to deal with. Do not let your emotions get the better of you by allowing your anger to control your life. Remember fear is the root of anger and when you master fear, you are on your way to success. Finally, fear is healthy if it is used wisely. Learning how to cope with anger is the best solution for us all!

How to Cope with Anger

Since anger is one of the leading problems in society, we must learn how to cope. There is not one time in our lives that we all have not experienced anger and maybe even acted out of control. When someone hurts us, irritates, aggravates, harass, threatens, or let us down we call get mad. Anger is either our worst enemy or our best friend. For example if another person threatens us and we act out in anger in a managed way, most likely we are going to have good results. On the other hand, if we act out aggressively we are loosing control and the other person most often will have the upper hand. When we have control of our emotions and feelings, it not only protects us, but also helps us to become successful in life.

We know how to deal with situations when they arise, including financial problems, medical emergencies, and so forth. On the other hand, if we are entanglement then we is at risk, our health is in danger and problems are definitely going to escalate. When a person is dealing with anger, he or she will often neglect to see the problem. The person may deny any actions that he or she has displayed. Denial is the leading reason why some never come over their problems. Another reason is that acceptance has never been put into force, as it should be. Mental health experts are in constant debate lingering over diagnosis. They will tell the patient that providing their diagnose is only creating a label that puts the patient in constant struggle. I disagree with this since a person needs to know what is wrong with them before they can deal with the problem. This is a form of acceptance.

Another problem is a person goes through a series of diagnoses before someone figures out what the problem is and this only causes confusion. Life is too full of problems to let a person wonder around in life trying to figure out what is going on. If you have root then it is often easier to deal with the problem. Anger is an emotion that has been interrupted by some force, person (s), and so on. If this problem continues, it only gets worse. A person can only take so much in life before they explode somewhere down the road. Other problems are stemmed from mental illnesses and or excessive alcohol consumption or drugs.

Not everyone with anger problems has a problem with alcohol and/or drugs, but in some instances, it is another problem that needs immediate attention. Likewise, not everyone with mental illnesses is alcoholics or drug addicts, and not everyone with a mental illness has anger issues. The problem then is buried beneath the mind. Somewhere in the persons, history people interrupted these people's emotions. Somewhere down through this person's history he or she was taught incorrectly. Emotions are tricky and they can drain the life from a person. Therefore, when we know how to deal with emotions and feelings we are on the road to success. There is nothing more rewarding than feeling a sense of control and achievement, and when you feel this repeatedly you are teaching your self a self-control.

It is important to seek help, finding someone that you can trust to help you deal with your emotions. This can help you find yourself and a way to control your behaviors. Behaviors are based on environment, functions, and attitudes. When we are in an environment that is not good, then it is time to remove our self to another area to learn

self-control. Bad affiliation spoils our habits as we are growing, therefore acquainting yourself with positive people can benefit your behaviors. Functions are the process we all deal with. When our body and mind are not functioning properly, we are going to lose control. Attitudes contribute to anger in the sense that if we are thinking negative, negative results will occur. Therefore, practicing positive thinking will enhance our lifestyles and help us to manage our emotions and feelings, including our anger. How to cope with anger depends on the situation and people involved. Igniting anger harms everyone!

Needs that Reduce Anger?

WE all have psychological and physical needs to attend to and when there is neglect then we are dealing with emotions that enforce our anger. Our body and mind needs nutrition, exercise, love, education, and to produce creativity and this is needed throughout our lives for us to function properly in society. Our brain consists of a parent side, creative side, nurturing side, critical side, and so forth. When one of these sides is off balance, it affects our emotions and thinking. When the emotions and thoughts are interrupted, we are subject to exploding when our anger emotion is threatened.

The mind is complex, but a basic understanding can help us to live a more productive life. If you are out of touch with your emotions and thoughts then you will need to evaluate each area of your mind. For example, is your nurturing side fulfilled or is it craving the need to care. Is your critical side taking control of your thoughts by producing a judgmental personality? If so then you need to open your mind and get in touch with your critical side to search for a way to reduce your judging attitude. A judging attitude contributes to emotional stimulus and when you are acting out of accordance to a standard then you are enforcing anger buildup. What about your parenting side? Alternatively, the need to feel loved and to give love? Are you lacking in this ability and are you feeling the love that your psychological process requires? If not maybe, you should sit down and think about everyone you know. How are they treating you? Are you in touch with the definition of love? If your friends visit you regularly, are you taking them for granted by expecting more from them than they can do? Are you creative or are you a person that waits for someone else to create something for you?

Creativity is essential for functioning properly in life. Creativity is a power we all have and if we produce creativity when it is needed we might find a way out of the many problems we face. For example, if you are in trouble with the law and are not creative how are you going to get out of trouble? What if a danger moment presented itself to you, what would you do? Creativity is not a single skill; rather it is a series of skills. Creative is not a dancer, writer, actor or musician, rather it is a person that can creatively think his or her way out of any situation when they arise. It is important to analyze your thoughts and emotions to see what is missing. If you are missing a necessity then you are subject to anger. We all need to feel a sense of control.

If we are lacking control, it makes us feel a heated rush of anger throughout our life. When this anger builds to a breaking point then something is going to happen. If you handle your negative anger by striking another person, screaming at a person, assaulting another person then negative consequences will result. On the other hand, if you take control of your emotions you will be rewarded with good results and minimal consequences. Beliefs also play a role in emotions and anger. If you believe that the world is out to get you then you are setting your self up for failure. The world has its own problems and they are consumed trying to figure out strategies to survive rather than sitting around a table trying to figure out how they can get you.

Most people in the world do not even know you, much less considering wasting their valuable time on getting to you. When a problem occurs it is usually because of a decision we made, or else someone had bad intentions in the role. For example, if you travel one road knowing all the details about the area, and decide the next day to take another route and find your self late for work...Who created the problem? You created the problem for your self and now you have to find a way to fix the problem. Do not let negative anger steal your life away.

Physical Fitness Controlling Anger

How can physical fitness control anger? Experts have proven that physical fitness reduces health risks, stress, heart attacks, aging, and helps a person to manage his or her emotions where anger exists. Stretching exercises alone has proven to enhance bones, joints, cells and other parts internally and externally of our body. It has been proven to enhance cognitive thinking and reduce anger outbursts. When a person feels good about them self anger often knocks when a real threat is in the making. If you are a patient with arthritis then your nerves are affected, which makes it difficult for you to control your temper when your emotions are interrupted, therefore, exercise has proven to reduce pain and suffering of arthritis symptoms. This makes it easy for a person to productively move ahead in life and avoid uncontrolled anger interruptions. Riding a bike is one of the best tools for reducing arthritis symptoms and enforcing positive emotions.

Research has proven that insulin plays a large role on emotions since insulin when low or high can affect both the body and mind. If a person has low or high insulin they are subject to explode when the anger emotion is threatened. There is no sole human being identical that includes our body types, emotional status, values, metabolism; motivation, needs, thought process, toxemia, as well as many other factors make us all different. Therefore, when we are dealing with emotions we need to learn our self, accept what we cannot change and move ahead. When you are taking care of your mind and body your success is just around the corner. However if you are allowing anger to rule your mind then the body is in harms way and your life is in chaos. When you exercise, you are reducing the emotion that enforces anger and will likely respond to your anger more appropriately.

The human body includes a number of tissues, bones, cells, nerve endings and so forth. When we understand our body, it will lead us to understand our minds. The body relies on you to provide the necessities that enforce survival. Endomorphs affect our weight, while hormones control our body's nervous system, brain, and the body's electrical components. Hormones in fact determine how a person will feel inside, how the person thinks, and what the person will look like in life. Therefore, we must understand the internal organs and take care of them by providing healthy foods and exercise to maintain a quality of life. If we understand the body and mind, we know that the gland hormones, nuclei, which are a chemicals in cluster that produce brain cells and a variety of functions can cause us emotional interruptions if someone is not taking care of them. When chemicals are produced in the hormones in reduces the chances of aging, and we can avoid emotional interruptions more often. Hormones also affect the memory, blood pressure and perceptions of all of us and if chemicals are sent to the through the blood hitting the endocrine glands then the body, including the nervous system is affected in a large way.

Therefore, we see that exercise and healthy diet can reduce our anger problem and increase our body and minds survival and success. Our mind and body is the ruling of our lives. If we are taking care of the joint team then we are making progress. If you are dealing with anger, you might want to start exercises slowly and progress to a healthy schedule. Even if your anger is, a result of mental illness or physical disability exercise and a healthy diet can go a long way. If you have a mental illness or medical condition you might explode in anger from time to time, but overall you will have control over your emotions and life. It is all about being in control that makes us flare of act assertive. If we are taking care of our minds and body with exercise and nutrition then we are taking control of the sources within. Anger only increases problems in most cases; therefore, we need to control our anger and emotion to prevent harm. Next, we want to see how prejudice plays a role in anger.

Reasoning with the Emotions to Avoid Anger

Reasoning with the emotions to avoid anger can prove productive over time. Emotions need food just as our body needs food to survive. When we are producing an outward sign of truths to our emotions, we are enforcing our ability to manage our anger. For example, if you are reasoning that the current situation is unsolvable you are setting your emotions up to explode when a trigger is hit. How we perceive each problem makes a difference to the emotions. If we are thinking negatively then we will likely endure tribulation when we explode. On the other hand, if we feed our emotions with positive thinking then our life is heading down the road to success.

This is where education comes into play. If you have a good education, you are learning strategies of life that benefit your emotions. If you are lacking education, you will be lacking in emotion and subject to erupted when dangers present itself. When we erupt out of anger, we are only throwing fuel on an existing fire. Most emotional problems

stem from faulty beliefs and teaching, therefore education plays a large role since you are learning from many sources that can teach you how to behave in life. Most of us are taught to think logically in all situations, but from time to time illogical thinking can save a life. For example, reviewing an incident can help us to appreciate faulty teachings, beliefs and logic. A young woman is nearly murdered and finally escapes the hands of the angered person, and instead of going with her basic instincts, she decides to act out in accordance with what the people have taught, believed in and assumed the logic would work. It backfired and the woman was recaptured by the stalker and hurt immensely. Now, if she would have adhered to her own thinking, belief and teachings since she was a survivor experienced in trauma she would have fared better. She believed by running to a lighted area would provide her a source of relief. Instead, it only helped the culprit take control. If she would have trusted her self and ran to a dark area, she may have escaped with fewer injuries. After the culprit recaptured her, she had to use her emotions and head and avoid anger. Instead of joining in the violent act, she submitted her self to the predator, praying that he would stop. She thought about the scene carefully roaming her mind searching for a way to escape. There was none! She then wiped her blood on the man's shirt believing that if he killed her the evidence would help the police apprehend the man. Fortunately, her prayers paid off since her car for no apparent reason caught fire and drawn attention.

If this woman had not used her head to maneuver through the horrific incident to date she would be dead. Now we can see that anger only enforces problems, rather than help us to reduce the problems at hand. If you feel you are overwhelmed with problems you might want to review this account to see that your problems may be smaller than you have made them. We all add problems to our life by stressing over things that are not in our control. When we learn to take it one day at a time or appreciate what we have, we are taking the steps to control our emotions and life.

Reasoning with the emotions to avoid anger is simple. If you are thinking, negative thoughts flip it around and put the cards in your hand. Life is like a game of poker and the leader has control since he has the royal flush. You are holding a pair in your hand, but you have control since the cards will be dealt again. When you are reviewing a problem, look at both sides to see where you fit in the picture. If you are adhering to behaviors that instigate the problem, find a way to resolve by taking a positive approach and deal with your anger. Good and bad comes to us all, but the power is put in our hands by dealing with emotions and reasoning with the source of the problem. Reducing the roadblocks before anger erupts can help us manage our emotions.

Reducing the Roadblocks of Anger

Reducing the roadblocks of anger can benefit us in many ways. Reviewing anger and its cause can often help us to see the roadblocks in our minds. If you are prone to anger then you have a low tolerance to fear, anxiety, stressors, and so forth. Roadblocks are barricades with traps or mines at the end of the emotion readying itself to halt the

enemy at a certain point in our life. As you can see, your emotions are already in an uproar long before your anger took over. Therefore, you will need to review your mind and learn more about your feelings, thoughts, emotions and so forth. Is there a problem that has been lingering for a length of time and you failed to deal with it? Dealing with problems means we are taking control of our emotions. When a problem occurs, we should take the time to confront the issue before it lingers out of control. If the moment is not right to deal with the problem on the spot then we need to find a time shortly after it develops and deal with the problem.

If you are lacking education in certain areas, you might want to read material that helps you to see your options in life. When we have problems, the answer is often buried within us and this is a great resource to research and review to solve our anger problems. If you feel like you are the only person in the world with a problem you might want to remember that all of us are subject to explode. Studies have proven that all of us have an aggressive side that is subject to kill if the opportunity arises. This is frightening; however, most of us abide by laws, rules and regulations. Therefore, you might want to evaluate your beliefs to remove any contribution to your anger.

If you feel like your rights have been violated review the ideas in your mind to see if this is true. If your rights have been violated you have options, therefore you will need to review again to find resources. Ask yourself what your roadblocks are? Are the roadblocks valid or are you just setting yourself up for a fall? If you are worrying about a ticket that has not been paid and thinking that, the law will come and get you at any moment. You are setting yourself up for a fall. If you have a mere speeding ticket that was overlooked, you can call the courts and ask for an extension. If you have to appear in court coach your mind before you walk in the door. In most instances, a speedy ticket will get you nothing more than a fine. In addition, the courts are set up to intimidate you when you walk in the doors. In the room is nothing more than people with a little more control on their sides.

If you gain control, you can find a result and see that your life is not threatened to the magnitude that you believed it was in the first place. Are you in a relationship that is creating emotion stimulus in a negative way? Then you need to sit down with your mate and talk about the problems you both are facing. Do not yell or scream at each other, since this only adds to the problem. Rather, go over the details of the problems and ask each other if there is a way to resolve the issues. If you come up with nothing you might want to visit a marriage counseling that may point out what you missed. On the other hand, you can ask a close friend to help you review the problems as a medium and intervene when the two of you come up with nothing.

There is no problem big or small that does not have a resolve, unless it is out of the ordinary. If you are having financial difficulties there are resources available to you to help you recover from your debts. Remember roadblocks are a set up and when you set yourself up the worst probably will happen. Next, we can see how security plays a role in anger.

Security Playing a Role in Anger

Frequently when a person is angry, the person feels unsure of his or her self. If you feel that your security is lost you might want to bear in mind that security is on different levels of understanding. If you are overly secure then you are acting unwisely, since you are placing your self in harms way. If you are gratis of fear and have doubts about trusting then you are open to harm by others. This means you are susceptible to any action or force in life. On the other hand, if your secure is reasonable you feel assurance and have no doubts about yourself, but will be alert to others around you. You will feel trustworthy and confident knowing that your person is in place. The boundaries between the two are where anger lies.

If you are vulnerable to your secure being then you are opening the doors to doubts and lack of self-image. When your self-image is dented then anger is under the surface and when your emotions feel threatened you are most likely going to explode? On the other hand if you have moderate security then you are aware of the dangerous, aware of where you stand in life, and open to opportunities when they arrive. You will most likely be risk free to a large degree since you are aware of what goes on in the world and which areas of life to avoid.

We all have a natural sense of security. If we have a home, car, job, or a standing in life then we have a secured path to follow. Most of us know, or should know that at any given moment this security could be swept from beneath our feet. A number of us never experience security since genetics and dysfunctional circumstances have robbed us of our sense of self-image from the beginning. Security is a sense of being in control of one self. When a person loses the feeling of control then this person will most likely strike when another person threatens his or her emotions. Consequently, we see that security plays a role in anger, as well as control.

Now we can break this down for a better understanding, by showing the person how to gain control and security in their life. Anger management is a sort of psychotherapy that teaches us to control our anger, which means we are in control of our emotions and life. Anger management also teaches us how to cope with problems, how to keep away from or handle our triggers, and how to provide a measurable amount of security. If you grew up in a home, where no one sat at the table and ate dinner together. Alternatively, if the family had a break down in communication you are a person that never was taught to deal with your emotions. This means you sense of security, control was ripped from beneath you, and you will need to learn new behavior patterns to help you gain control of your anger and life.

Emotions run deep and we all have scars from an unruly history. We could live in a prominent home, but somewhere during our life, we are going to experience problems. The rich people neglect their children; the poor folks cannot find a way to feed their families, both in mind and body. Therefore, we are all going to have problems, but it is how we deal with that gives us the control and security we need to function proper in life. There are no escaping lives many problems, including death, violence, war, hatred, anger, misery, homeless, and so forth. Therefore, we see that we have many problems

so now we need to learn how to manage the stressors that knock on our doors every day.

Security plays a large role in anger, and when that security is off balance or lacking then we have a serious problem in the making. Anger management is the solution if you cannot find your security and control to deal with your anger. You may also want to consult with a mental health expert for evaluations. Self-esteem also plays a role in emotions and anger.

Self-Esteem and Anger

How does self-esteem play a part in emotions and anger? When a person has a low self-esteem, they are subject to anger, since their emotions are off balanced. When a person feels good about them selves, they often have self-control, which makes their life easier. They are capable of socializing without running into problems along the way.

Everyone has problems, but when we have self-control, our self-esteem is often showing to others. Therefore, we others see a confident person they are willing to affiliate with these person and may even wonder what the person does to have such a wonderful attitude. On the other hand, when a person has self-esteem issues they are often looked down upon since their behaviors are evident of their problem. Why do we have self-esteem? What is the purpose of this normal product in a being? Self-esteem is a respect for oneself, and confidence within. When we feel in control of our person, we often know how to avoid problems sufficiently.

Usually when a person has low self-esteem they often associate with others that have aggressive mental issues, low self-images, and more problems than the average deal with. When a person feels bad about their self-worth, they will often join in risky activities or intake harmful substances that only increase the anger inside. We are all different in our own way. Some of us are abused, some heavy, some skinny, some beautiful and some are not. We can look at this in many ways to find a resolve inside our selves, rather than dwelling on what we cannot change. Many of the beautiful people prove ugly since their personalities illustrate unruly behaviors or attitudes. Therefore, are you are good person with a low self-esteem? If you are then you might want to boost that image of yourself since many people like a good person.

Did you know that you do not have to be a rocket scientist to have a good outlook in life? When people see us smiling cheerfully when we are out in public they often stand back and wonder what high pill you take. They will not wonder if you are rich, poor, or suffered a dreadful life, rather they will see the person inside. If you see how self-esteem makes or break a person, you will know that this is an instigator of your anger. We all deal with anger differently. When we deal with anger and good results come in the picture then we know we have control.

On the other hand, if we are internally medicating ourselves, forcing our emotions to believe we are less than others are, then we do not have control, rather we have anger under the surface and at any time, we are ready to explode. Let's review your self-esteem. How do you feel inside most days? Do you think that you are a good person and feel that your life is in control? Do you spend hours in the closet trying to find an outfit that will enhance your looks? Do you spend hours in the mirror studying your features wondering what you can change about your appearance? These are a few of the signs that tell us what type of self-esteem you have of your self. And if you are spending hours finding a way to change your appearance you are only developing anger within, since you are who you are and you are not accepting it. Most likely, you endured some hardships throughout your history that contributed to your self-image, therefore you need to examine your inner being and inner child to find out what occurred that made you feel the way you do.

If you were abused, remember you were the victim and now you are survivor. That my friend is positive and it should help to see that you are worth as much as any other person in life. You are angry because of how people treated you and probably feel like you let your self down. This is not true! Someone else let you down, which threatened your emotions and this is where anger lies. If you have anger issues, get help, there is nothing wrong with it! The interruptions of anger vary and we all must find a way to manage.

The Making of Rage

We can look at anger in two different lights, but when anger harms others then we know it is rage, which is the root of evil. Rage is a fit of uncontrolled anger that strikes out in violent wrath and is a form of insanity. Anger when raged is an act of passion, or an intense emotion forced to act out on another source. Jealousy, hate, greed are a few source of the emotional forces. Hate is an intense emotion that is stemmed from fear in all cases, which includes threatening, harming. The less severe threats are disrespecting, humiliation, betrayal and obstruction. Although the less severe can lead to a chaotic situation, it is less likely that a person will become raged if someone is not harming them physically.

Of course, this is an exception, since there are people that will become raged over simple things, including nothing at all. Borderline personality types will become enraged when they feel abandoned, insulted emotionally, or if they feel another person betrayed them. Sometimes the person is correct in their line of thinking, but in many cases, they are not. For example, if a person with borderline personality disorder is in a relationship and feels they are losing control it is often because they feel abandoned or betrayed. They will hunt you down and harm you if they feel anyway hurt because of your actions or behaviors. They will call the workplace numerous of times, or else stalk you when you are at work. These types are often angered and the underlying source is jealousy and greed.

Anger has hatred at the roots automatically, whether a person is acting out appropriately or not. For example, if a person hates something that another person do, they may address the situation appropriately by letting them know that they hate what the person has done. A person with uncontrollable anger differs, simply because they do not always necessary hate what a person is doing, rather they hate people in general. This is when anger becomes deadly. Another type of rage can be seen in personality types, including narcissistic types or paranoid personality types. These people believe that they are a special breed of people and everyone else is below them.

This type of thinking is known as Grandiosity. This makes the person (s) superficial since they are in an illusional state of mind. The person (s) emotions and feelings are usually artificial and have no grounds for purpose. NOTE: Paranoid Schizophrenias often act out in anger on several different levels. Because of the difference in anger expressed, it makes it difficult to determine when these types are mad. For example, a paranoid schizophrenia may have a history of violence, but it is short-lived, while other behaviors are more noticeable. During the younger portion of a paranoid schizophrenias life is when they are most aggressive, however, since their level of anger is unpredictable it pays to stay alert when dealing with this type.

If you are trying to understand rage or anger, you can read the history of murders, rape, vandalism, and other related crimes. Read through the fine lines and you will see hate, greed, jealousy and rage all combined. Rarely does a person that attacks another individual have justifiable cause. When a person acts out on his or her emotion, generally the root is hatred. On the other hand, if another abuses a person repeatedly individual they may act out in rage. This person is responding to anger that has built up over a period. The person may not hate the source that caused all the hurt, which made them respond, but may not realize this until it is too late.

If you want to see, anger built up over a time, and then read the many accounts of women that have been abused by a mate for a number of years. Then, the making of rage is seen in episodes where a person has been continuously abused, while uncontrolled anger lies inside the mind of the mentally ill. Alcohol and drug abuse plays another role in uncontrolled anger, however it is not true that everyone that acts out in rage is a substance abuser. Learning the science of anger can help us deal with emotions.

The Science of Anger

Few experts believe that anger is a result of a painful apprehensive uneasiness of the mind or illness. Others believe anger is psychoneurotic or psychotic disorder, namely depression. While this may be true for some individuals, it is not true of everyone. Anger is stemmed from hatred, animosity and it grows throughout a person's lifetime developing into a much more complex issue. For example, a person with psychopathic tendencies, traits or personality has anger and it often is out of control when an act of violence occurs. However, this person may be able to maintain a degree of control by

repressing his or her symptoms under the surface, or feelings and emotions. It is said that psychopathic individuals do not have the ability to show emotions, however this is far from truth. While the emotions may be less obvious they do show emotions when they kill or hurt others.

Anger comes in all forms, and it is all people. Some of us know how to deal with anger, while others blow up and cause harm to self or to others. A psychopathic will bury his emotions and act on them once the time is convenient for him. When he kills, he often strives for intensity, which is a feeling. Not every psychopathic will kill, but for the most part we can see anger within these types of individuals. Another type of person where obsessive anger exists is bipolar personality types. This can be seen when the person explodes for no apparent reason.

Bipolar a form of depression, which makes scientist right to a degree, but just as anger comes in many forms, so does people. There are many children in America living through their explosions, so this is another level of anger that we can analyze. The problem with anger regardless of what form it comes in or who loses control is that it affects the physical. For example if a person continues to explode venting anger then the blood pressure is affected, the heart, the nerves, and the mind are all targets of anger out of control. In time if a person does not find a resolve for his or her anger it more than likely will take full advantage of the health. This means as the person grows older his or her health will most likely need long-term treatment in the medical field.

Now we can see who benefits from uncontrolled anger. Not only are the person that has uncontrolled anger a target for risk, but anyone that is around this type of person is subject to harm. In many instances, the person will strike out verbally, but in other cases, uncontrolled anger persons harm others physically. It is ok to have a degree of anger when it is healthy, but when you begin calling others names, hitting, kicking, biting, or what have you, then anger moved to another level. If you do not get control of your anger now, it is likely someone will take control of your anger later. Scientists and other professionals around the world recently study uncontrolled anger, but the problem is anger still exists uncontrolled around the world more now than ever. The problems seem to escalate simply because scientists and others are looking at anger and not the entire formation of the problem.

When we think of anger, we know we are dealing with emotions. When a person is young, that person needs education, parental guidance, emotional support, nutrition, exercise, and so forth. If this person is missing one or more of these necessities, something is going to happen in the future of that person's life. Not always, but statistics show that one or more these elements lacking in a person has linked to mental illnesses, drug and alcohol abuse, crime and so forth. Therefore, if you want to analyze anger the key is to analyze all aspects of the problem, including, but not limited to history, influences, upbringing, and so forth. We know that America leaders, religions and others has made grave mistakes throughout the history, have you considered this as a source for anger? We can see that the influences has lied, betrayed, murdered, and so on, leaving a bad influence on the rest of the people that were not involved.

Worry Causes Anger

If you are constantly worrying then you are harming your body and mind, and eventually your emotions will explode into anger. Worrying often leads nowhere, since most times, the things that people worry about are out of their control. For example, if you have bill due tomorrow and do not get a paycheck until Friday and no one has the money to lend you then you have to wait until Friday to pay the bill. Why worry about it until Friday arrives, since there may be nothing you can do. Of course you should check your resources to find out if something is available to you, but if it isn't do not stress your self, rather patiently wait until payday arrives.

If you are constantly worrying then eventually your emotions will crumble and an anger outburst may occur. Worry is a distress to our mental status, or aggravation that results from concern over something impending or anticipated therefore worry is anxiety. When you are worrying, your nerves are affected and when the nerves flare, your temper is subject to flare. The British Dialect for worry is to strangle or to choke. Therefore, we see that worry is not healthy, since strangling and choking can kill. In short, if you are constantly worry or anticipating then you are causing your body harm. Your heart, nerves, and other portions of the body are affected as you worry.

The body signs are there when you are worrying. You often feel the pit of your stomach in knots. You might feel your arms and legs shake, or your heart stressed to its limit. If you cannot change it do not worry about it, it is out of your control anyway. Sufficient for each day for no one knows what tomorrow will bring. Taking it one day at a time is the best strategy for dealing with stress. If you remember that you can change something's, but other things are out of your control you will fare better in life.

Anger is an intense emotion that can make or break a person. If you are angry and blow a fuse, more than likely added trouble will come your way and then you will worry constantly trying to figure out a way to escape. You already have enough problems in your life, so why increase your flow. Emotions are nothing to toy with, since emotions control our joy, anger, happy, sadness and so forth. Emotions are designed to help us manage our lives. However, if you are not in touch with your emotions then you emotions will not be in touch with you. Usually what follows with worry is depression, which is a state of sadness.

Now if you have anxiety combined with depression your nerves are affected tremendously. This means that you are weighing heavy on your emotions and when triggered you are most likely going to explode. If you are screaming, shouting, yelling, or cursing at the other person then this will add to your existing problems and will affect your nerves more so. It makes sense to let go and think carefully about your situation, finding a way to control your emotions and anger.

If you think before acting, it often opens new doors and you will find a resolve for your problems. Remember no one can predict what tomorrow will bring. Therefore, the control is out of your hands and the only resource then is to relax and think of the potential resolves available to you. Your mind is a tricky area and if you let your mind take control of you then you are heading for a disaster.

Being in charge of your own life is taking the road to success and minimizing your problems. If you feel that you are centered out from the rest of the world, remember someone else has more problems than you have and few of us have very little resources to resolve the problems. No one is excluded from problems in life and we all have our share of turmoil to face each day. If you seem to explode every time your anger arises then you might need to seek help at anger management, mental health or medical experts.

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