

# 'Goodbye To Anger' Workshop Summary

## Definitions of Anger

Anger is a negative emotional reaction, which disturbs our peace of mind and has harmful consequences for the self and others.

## The Price of Anger:

- No peace of mind
- Sorrow
- Guilt
- Spoilt relationships
- Damage to our nervous system
- Abuse
- Wasted mental and physical energy
- Loss of judgement and ability to consider the needs of others
- Affects the collective consciousness

## The Gifts of Anger

- Protection
- Insight into the self
- An opportunity to learn and grow and develop new ways of being
- Catalyst for change/ action
- Increases spiritual strength

It also highlights the need for

- Better communication and relationships
- More self confidence and self-respect

## The Progeny of Anger

Envy, jealousy, resentment, hate, animosity, opposition, forceful, dislike, fury, revenge, stubbornness, irritation, upset, grumbling, off mood, displeased, resistance, avoidance, cynicism, blame, criticism, sadness, depression, indifference.

## The Sources of Anger:

- Past painful experiences in the form of memories
- Current situations, circumstances and people, which trigger off negative reactions in the self
- Unfulfilled desires/expectations
- Wanting to control others
- Low self-esteem
- Clashing values
- Violation of the self
- Lack of purpose
- False identity and attachment to other identities
- Resistance to change
- Limited vision
- Fear
- Lack of self-respect. I feel I do not have a right to say 'no', to protect myself. I deserve to be punished

## Ways to deal with anger

### 1. Painful/Mindless/Senseless/Regressive Ways

- Aggression (explosion) - this approach escalates anger and aggression and does nothing to resolve the situation
- Passive aggression (implosion) this is unhealthy and can lead to hypertension, high blood pressure and depression
- Suppression (repression)

### 2. Peaceful/Mindful/Sensible/Adult Ways

- Assertion (non-violent communication)
- Contemplation (enlightenment) - control our outward behaviour and our internal responses

## Understanding Anger

- The expression of anger is like the tip of an iceberg. It is an outward manifestation of things going on deep within the self.
- To understand anger we, therefore, need to look within and understand our own inner processes.
- How we perceive and think about a situation will affect our emotions and this in turn will affect the body and the way we behave in the situation.
- If we are to deal with the situation in a more productive way, we need to be aware of our thoughts, attitudes, beliefs, qualities and values and the true nature of the self.
- By changing the way we see and think about things and using our spiritual intelligence we are able, with courage, determination and faith, to transform and overcome our anger.

## Solutions to anger

### *Take Control of Your Body*

- Breathe slowly and deeply from the diaphragm
- Use assertive rather than threatening body language
- Communicate and talk things through before they get out of hand
- Walk away if you feel you cannot handle the situation
- Keep your mouth shut rather than shout, swear or threaten
- Put your rage on a page i.e. write down all your feelings and release them
- Postpone anger ~ not now, tomorrow

### *Take Control Of Your Mind*

- Observe, reflect, learn and change
- Stop and think before you act i.e. respond, rather than react
- Remember that you have a choice as how you deal with any situation and that no one can make you angry – you *choose* to become angry
- Dis-identify from the situation – I am not the anger
- Don't take things personally. Everything is projection
- Remember *Check and Change* i.e. check your thoughts and, if unhelpful, change them in a positive direction
- Put a full stop to negative and damaging thoughts
- Look out for/listen to the underlying problem and seek a positive solution
- Keep things in perspective. For example do not exaggerate. Instead of thinking "it's awful", think "It's okay. There is benefit in everything".
- Be careful of words like 'always' and 'never' (they alienate and humiliate others)

- Translate wants into desires eg 'I would like' rather than 'I want'
- Change expectations into hopes
- Stop trying to control others. Be a positive influence/role model instead
- Avoid criticism, blame and complaining
- Use positive affirmations eg 'Nothing can disturb my peace of mind. I deal with everything in a calm and loving way.'

### *Let Go*

- Acknowledge, accept and let go of the stored up anger from the past
- Forgive yourself and others
- Have mercy and compassion on others
- Accept others as they are
- Accept the situations you cannot change
- Keep things in perspective – see the bigger picture
- See things from the other person's point of view. Remember an angry person is an unhappy person
- See the situation as an opportunity to learn and grow
- Let anger be your teacher. Ask yourself questions, sit down, imagine it to be a person. Find out what you need to change in yourself

### *Go Within*

- Meditate /go into silence regularly
- Develop inner peace through prayer/contemplation/reflection
- Remember you are by nature a peace-loving being
- Use your virtues and values to deal with the situation positively
- Remember the spiritual law that what you give out will come back to you
- Increase your self-esteem by appreciating your inner qualities
- Develop unconditional love for yourself and others
- Let go of ego, greed, lust and attachment
- Be content with your life
- Live in the now
- Go with the flow

### **Protect yourself**

- From violent films, bad company, alcohol, drugs and other mind altering substances which can disturb your peace of mind

### **Look after yourself**

- Watch what you eat and drink
- Exercise regularly
- Breathe properly ie from the diaphragm
- Get enough sleep
- Relax
- Sort out any practical problems that may be causing you stress.

## Virtues to Overcome Anger

<b>Form of anger</b>	<b>Solution</b>
Ego	Self-respect and humility
Anger	Peace
Envy	Be your own friend
Jealousy	Count your blessings
Resentment	Understanding
Hate	Forgiveness and love
Animosity	Appreciation
Opposition	Co-operation
Forceful	Acceptance
Dislike	See the person as a whole
Fury	Patience
Revenge	Let go
Impulsive	Self control
Sulking	Maturity
Irritation	Flexibility
Upset	Stability
Grumbling	See the benefit in everything
Off mood	Positive awareness
Displeased	Understand the significance of the situation
Bossiness	Respect for the self and others