

# **Goodbye To Anger**

**CHANGE YOUR MIND  
WORKSHEETS**

# ATTITUDE

The longer I live, the more I realise the  
impact of attitude on life.

Attitude, to me, is more important than facts.

It is more important than the past,  
than education, than money, than  
circumstances, than failures, than success,  
than what other people think or say or do.

It is more important than appearance,  
giftedness or skill.

**It will make or break a company,  
a church, a home.**

**The remarkable thing is we have a choice  
every day regarding the attitude we will  
embrace for that day.**

We cannot change our past.

We cannot change the fact that people will  
act in a certain way.

We cannot change the inevitable.

The only thing we can do is play on the one  
string we have, and that is our attitude...

**I am convinced that life is 10 % what  
happens to me and 90% how I react to it.**

**And so it is with you...**

- Charles Swindoll -

## 1. THE POWER OF PERCEPTION

Two sales agents were sent to sell shoes in an underdeveloped third world country. The first agent sent a message back to his office, "No prospect of sales because nobody wears shoes here." The other sales agent sent a different message. "Send stock immediately, Inhabitants barefooted. Desperately need shoes". Looking at the same "reality", each person saw a completely different situation

We all have the same five senses. Yet the sensory input that we receive must be interpreted before we can understand and act on it. Though we often cannot control the world, we have complete control over our perception and interpretation of reality. And we have complete control over the actions we take in response. And it is that perception, and those actions, that make all the difference in life.

Everyone's alarm clock sounds basically the same. Only to the peaceful person, however, is it the sound of peace. What does your alarm clock sound like? Everyone's copy of the daily newspaper contains the same articles. However, only the copy that ends up in the hands of a peaceful person has stories of peaceful solutions. I can literally program myself for having peaceful solutions in every situation by changing the way I perceive the world around me. I will find what I look for. The outside world is only a mirror, which confirms and gives evidence to the vision that I have on the inside.

The world is what I expect it to be, and nothing else. Expect the best and that is the kind of world I will create.

## 2. THOUGHTS CREATE OUR DESTINY

Watch your thoughts, they become your words.

Watch your words, they become your actions.

Watch your actions, they become your habits.

Watch your habits, they become your character.

Watch your character, it becomes your Destiny.

## 3. WHERE THE ATTENTION GOES ENERGY FLOWS

An elderly Cherokee was teaching his grandchildren about life, He said to them

"A fight is going on inside me, it is a terrible fight and it is between two wolves. One wolf is fear, anger, envy, sorrow, regret, false pride, competition, superiority and ego. The other is joy, peace, love, hope, sharing, sincerity, humility, kindness, empathy, generosity, truth, compassion and faith. This same fight is going on inside you, and inside every other person, too".

They thought about it for a minute and then one child asked his grandfather

"Which wolf will win?"

The old Cherokee simply replied, "The one you feed".

# WHAT DO YOU THINK?

Tick the statements you agree with and add up your score.

**Note:** All the statements are negative: life-limiting beliefs which will make you more prone to anger. The higher your score on the 'Agree' side, the more angry you are likely to be in life. So the trick is to recognise the impact these beliefs are having and then change them for something more positive and helpful.

	<b>Agree</b>	<b>Disagree</b>
Life is full of conflict and suffering.	<input type="checkbox"/>	<input type="checkbox"/>
It's a struggle to survive.	<input type="checkbox"/>	<input type="checkbox"/>
Happiness never lasts long.	<input type="checkbox"/>	<input type="checkbox"/>
People are basically selfish and greedy.	<input type="checkbox"/>	<input type="checkbox"/>
Women have it really tough.	<input type="checkbox"/>	<input type="checkbox"/>
Men don't cry.	<input type="checkbox"/>	<input type="checkbox"/>
I'm a hopeless failure.	<input type="checkbox"/>	<input type="checkbox"/>
We live in a violent society.	<input type="checkbox"/>	<input type="checkbox"/>
I'm a mess because of my childhood.	<input type="checkbox"/>	<input type="checkbox"/>
People become frail and sick as they get older.	<input type="checkbox"/>	<input type="checkbox"/>
My health is never good.	<input type="checkbox"/>	<input type="checkbox"/>
Schooldays are the best days of your life.	<input type="checkbox"/>	<input type="checkbox"/>
Life is meaningless and futile.	<input type="checkbox"/>	<input type="checkbox"/>
I'm too old to change.	<input type="checkbox"/>	<input type="checkbox"/>
I can't help how I feel.	<input type="checkbox"/>	<input type="checkbox"/>
Life's miserable without a partner.	<input type="checkbox"/>	<input type="checkbox"/>
Life is a rat race.	<input type="checkbox"/>	<input type="checkbox"/>
I don't deserve to be happy.	<input type="checkbox"/>	<input type="checkbox"/>
I never have enough time.	<input type="checkbox"/>	<input type="checkbox"/>
If only my husband/wife/partner/children would let me...	<input type="checkbox"/>	<input type="checkbox"/>

TOTAL SCORE

# THE POWER OF LANGUAGE

Change the following negative (reactive) statements into positive (proactive) statements.

- There is nothing I can do. \_\_\_\_\_
- That's just the way I am. \_\_\_\_\_
- He makes me so mad. \_\_\_\_\_
- They won't allow that. \_\_\_\_\_
- I have to do that. \_\_\_\_\_
- I can't. \_\_\_\_\_
- I must. \_\_\_\_\_
- If only. \_\_\_\_\_
- I should. \_\_\_\_\_
- It's difficult. \_\_\_\_\_