

Controlling Your Anger

Anger is simply one of a number of emotions that contribute to the true character and personal power of a person. The way that you handle and control your anger helps determine the way the world responds to you.

While uncontrolled anger is terrifying and dangerous thing that leads to more anger. The other type of anger, controlled anger is used to help solve problems. In fact, if it were not for anger many times you and I would not even know that something is wrong and needs to be fixed.

The way you can tell if your anger is controlled is by watching the way you act and feel when you become angry. If you are able to carefully choose the words you say when angry, you can consider that things are controlled.

On the other hand, if you find that when angry you only understand what you had said after you had already said it, then you need to work on this area before you get yourself into trouble.

There are many ways that anger is controlled. If you are going to control your anger you should know that there are a lot of tools available to help you do this. What you need to do is sort them out and find the methods that you are able to use best.

Two of the first things you must do to control your anger is first, be able to recognize when you are getting angry. Secondly as soon as you see that you are becoming angry you will need the willpower to do something that channels your angry powers into action that defuses rather than fires up your rage.

Excuse me...hold on a minute...one second...be right back...you can use one of these, or a similar phrase to rescue yourself from a potentially hostile situation. You only need to say it, walk away, and stay away until your anger has cooled off.

Walking away is like training wheels on a bicycle. You will only need to use this method until you get better at managing your anger. Once your anger management skills are improved you will be able to skip the walking away step and use another skill in its place.

Until then however, walking away and slowly counting to ten, twenty, or one hundred as the need may be, until you are calm will help you to keep the nasty effects from anger away.

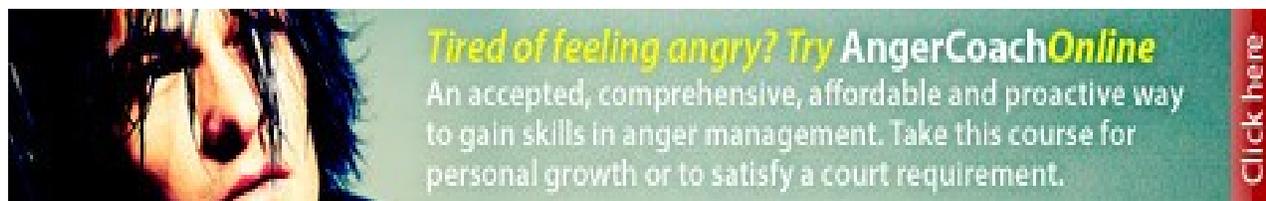
Until you know more about how to control anger you should not underestimate the ability of this simple act to help. It has helped many people in the past. Use it. It will help you too.

As a more long term method of controlling anger make sure that you find the time to relax at least every other day. If you are having a problem with anger, you should take the time to treat yourself with time alone that you can concentrate on thoughts about things that you find satisfying. Believe it or not, this will take a lot of the angst out of your anger.

This method works similar to the bonus tip I gave you on page 6 of the e-book [Thousands of People Who Never Thought They Could NOW Control Their Anger...Here's How You Can Do It Too...](#)

Get some help with managing your anger?

If you decide that you want to get your anger under control more speedily, I suggest that you use one of the classes offered by one of these two anger management professional programs. You can expect that in 8 weeks of training, that you will be able to handle your anger 20% better than you can now.



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