

Why You Should Learn To Manage Your Anger

All the time you hear about how your anger affects you. But anger also affects the people around you as well.

How Your Anger Hurts The People Around You...

They have to stay away from you...

There are people who really do care about you. Well at least most of you.

The big problem is that there are people who love you and want to be around you. There are people who think that you are really someone special. But they avoid you because they are careful enough to know that because of your anger you are a potentially dangerous, or at least an anti social person. So they stay away for their own safety and emotional health.

Your anger can cause the people who care about you to feel as if they are dead inside.

Angry people make other people angry...

Another reason why smart people would want to stay away from you when you are angry is because your anger would without a question make them angry too.

Anger is an emotion just like happiness, sadness, disappointment etc, and because it is only an emotion, it is very easily transferred from person to person. That is just the nature of emotions...they are contagious, especially for women.

This means that if I know you are angry, and I go around you for just five minutes, I run the risk of having my entire day messed up. How smart a person am I to go where you are, knowing what is likely to happen?

Angry people can mess up a child for life...

You have also seen in the e-book Thousands of People Who Never Thought They Could NOW Control Their Anger...Here's How You Can Do It Too... that children learn angry behaviors in a very short space of time (page 10 paragraph 3.)

If your child watches you and learns how to act angry like you do, you have just made his life that much more complicated. The reason is because unless he unlearns destroying behavior he will only learn how to make the destroying behavior worse.

What you will end up with is a little person who when grown, is likely to

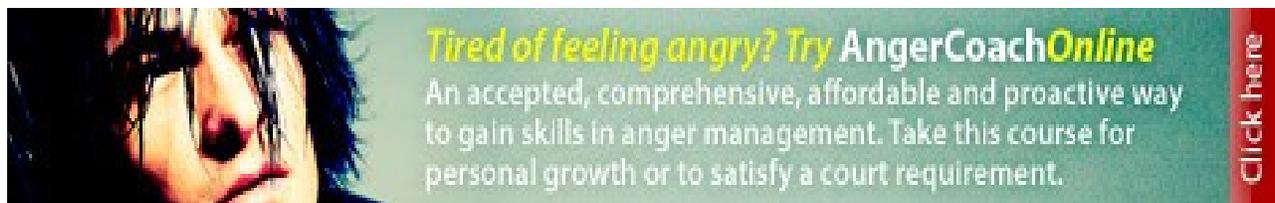
experience every problem that people get from having uncontrolled anger. The only difference is that his problems will happen to him while he is younger. Which means that anger will have a greater impact on him when he becomes an adult than it did for the person he learned to be angry from?

Don't let it happen anymore...Learn to control your anger...These anger management classes will make sure that you have good help to get you over your hard parts.

Don't forget to start with the first things you should do to control your anger. It was in your last email titled Controlling Your Anger paragraph 6.

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.



Tired of feeling angry? Try AngerCoachOnline
An accepted, comprehensive, affordable and proactive way to gain skills in anger management. Take this course for personal growth or to satisfy a court requirement.

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