



Five keys to conquer anger



Learn why you keep getting angry, the root cause of anger, and how you can make permanent change.

Introduction

Does this happen to you? A stressful event occurs, or someone says or does something, and all of a sudden, you feel the anger rising inside of you, you say or do hurtful things to others, and then feel guilty or regretful over your actions? Does it sometimes feel as though you are on automatic pilot where a comment or event gets you started, and as a result, you lose control of yourself and you act out your anger inappropriately?

Is this pattern of anger jeopardising your family, relationships or career or lowering your feelings of self worth? Have you tried controlling your anger, vowing that you can get it under control, doing your very best, but feel powerless to stop the pattern that keeps repeating despite your best efforts?

How would your life and those around you improve if the things that set you off, no longer affect you the way they do now, you stay relaxed and calm and you respond in a new way? Are you ready to make a permanent change, so you can feel good about yourself, be proud of whom you are and the contributions you can make to your loved ones and the world around you?

In this article, you will find the answers you are looking for

You will learn:

- Why you keep acting in the same way, (your subconscious mind is programmed this way and simply keeps running the program.)
- How you learned this pattern of behaviour (stressful life events programmed you this way)

- How you can use an anger management program to stop the destructive behaviours and learn new ways of responding and reacting (delete the old programming and install a new one)

Part one - understanding why you react and respond like you do!

Does it ever feel to you like you do not have as much control over how you react and respond as you think you do? Does it ever feel like you are on automatic pilot, where stressful events happen and you keep repeating patterns of behaviour?

Quite often, this is the case. Why is this may be happening. There are two parts of your mind, your conscious mind and your subconscious mind. Your conscious mind is where you do your thinking, learning and deciding. Your subconscious mind is like a computer that has programs or software in it. Your subconscious mind has programs running in the background that control your breathing, heart and all your body functions. You do not need to give conscious thought about breathing; your subconscious goes on automatic pilot and keeps it going for you.

Here is an easy way to understand. When you started to learn how to drive, you had to consciously think about every move you had to make. It may have seemed rather complicated. You had to look in the mirrors, put your foot on the brake, change gear, move your foot from the brake to the accelerator, pay attention to steering, etc. You may have felt rather overwhelmed about all you had to do to safely drive a car. You had to give conscious thought to each movement and action.

However, over a short period, you created a program in your subconscious mind that remembered how to do everything. Now, when you get in the car, you do not have to give conscious thought to all of the movements. You have a program in your subconscious mind that easily and effortlessly takes over for you. Your subconscious mind may direct your foot between the accelerator and brake, direct your hands to make adjustments in the steering, direct you to turn on the indicators, etc.

Were you ever driving along and started thinking about something else, or were daydreaming, and all of a sudden realised you were not paying attention to driving? However, you were doing just fine. Why? Because your subconscious mind has a process that starts up and runs each time, you get in the car.

It is a very good thing that your subconscious does this. Can you imagine what would happen if it did not, and each time you got in the car was just like the first time? Well, you would not be able to drive. Now what does this have to do with your anger? Well, this has everything to do with your anger.

Some top researchers that study how we respond to situations claim that our subconscious programming controls more than we ever imagined. Some estimates are a

result of your subconscious programming rather than you taking the time to make decisions about what you are going to say and do.

As you think this through it makes sense. If we have to figure something out every time we are faced with a situation, we would never get anything done. It is really in our best interest to have our subconscious mind create a program that we can access and run. For example, imagine if you were in a building, smelled smoke, and saw flames. Can you imagine what would happen, if you needed to think; smoke and flames, let us see, that come from something burning, well, that means the building I am in may be on fire? Well, if the building burns, I will get hurt.

OK. I need to leave. Let us see, to do that I need to get out of my chair and move my left foot and then my right. Well or course, you see how silly this is. Immediately, without thinking, you would be on your way to the nearest exit. Why? Because your subconscious mind takes over and help you get out of there as quickly as you can. You could be out of the building and later think to yourself how did I get out of there so fast?

More than any of us realise, your subconscious mind is running the show, pulling up the appropriate program and running it for you. In addition, for the most part, that is a good thing, unless the program results in actions we wish we did not have. Somewhere in your life, you learned behaviours of reacting to stressful situations, creating the program that your subconscious mind dutifully pulls up and runs it each time you are faced with a stressful situation.

Therefore, that is why despite your best conscious efforts to change, you cannot. You may seem powerless to change It is very difficult to override the programs in your subconscious mind. Therefore, what you are going to learn is how you can re-write your mental software whenever you are faced with a stressful situation, your subconscious mind will run the Anger Program. However, this article will show you how to stop your existing program, and reinstall new thinking processes that serves you better.

When you do this, when stressful situations come up in the future, your subconscious will still pull up and run the Anger Program, but this time, there are new instructions and you will react and respond in ways that you, your family will be proud of. Let us begin the journey, and learn how you created your new thinking process.

Part 2 - How the anger program in your subconscious mind was written

In the last section, you learned that what you may have thought was conscious reactions and responses, may just be your subconscious mind running the program that you have stored in your subconscious mind. We will now learn how this program may have been created. There are two ways that we create the programs in our subconscious mind that control our behaviours.

From about 0-6 years old, our ability to learn is incredible. Everything we see and hear we simply take it in. We do not have the reasoning ability to think and decide if what we are seeing and hearing is good or bad. If we are exposed to people who respond to stressful situations by getting angry our subconscious mind may accept and learn this as the appropriate response. If from 0-6 you saw people react to stressful situations by becoming angry, you may have accepted and implemented this into your way of reacting and responding.

Next, as you go through life and experience stressful situations, there is a pattern of emotions and feelings that occur, one right after the other. As you experience stressful situations, you experience these emotions, and as a result, they again contribute to and help create your ways of thinking you pull up and run when faced with similar stressful situations in the future.

New processes

Which kinds of stressful life events created the negative emotions?

- The emotions you experience when you are stressed;
- The exact and precise order in which you experience these emotions; and
- The easy steps and new thought processes you can learn that will effectively help you delete the negative impacts of stressful life events and install a new method of reacting and responding to stressful life situations.

The events that begin or trigger the stress process are life issues, and include the following life events or challenges:

- Losses, such as death of loved ones, broken friendships or relationships, financial losses, etc.
- Trauma or traumatic life events
- Setbacks, when life takes an unexpected turn.
- Disappointments, such as when friends or family let you down, or something you were expecting does not materialise.
- Unmet needs and expectations
- Too much being demanded of you
- Not enough resources (time, energy, money) to meet what is needed
- Life not meeting your expectations.

When these issues occur, whether they are insignificant and fleeting or life changing, to some degree, you probably experience a sense of loss and feel it as grief. You may feel as though something that you had was taken from you, too much is demanded of you, something you should have is unavailable or you were treated unfairly or victimised.

Next, this loss and sense of grieving turns into fear. This typically includes fears of rejection, fears of being criticised, and fear of failure. After you experience fear, the

next emotion is anger. You can experience anger in several ways. You may react by shouting, cursing or acting out your anger physically.

If the anger is towards yourself, you can experience it as:

- Guilt
- Shame or
- Depressing thoughts

If you believe anger is unacceptable or you just cannot show your anger, you may turn the anger inward as depression.

After the anger, your sense of self-esteem and self-worth is usually impacted in some way if the life issues revolve around others being critical or personal failures, the self-esteem and self-worth issues can be even more significant.

Finally, after the feelings of grieving, fears, anger and lowered self-esteem, you begin to worry and over-think. Why not, after all you just went through? You may find yourself worrying about what will happen next, how you may be harmed, what may happen to others, or what else can go wrong. You may find yourself replaying the events of the past repeatedly or replaying possible future events. This worry can make you sick.

This is how all of us typically react and respond to stressful life situations. These are the negative emotions you need to work on. In regards to anger, people react differently. Some explode and let out their anger, while others turn it in as guilt, shame or depressing thoughts. Now remember, your subconscious mind learns and remembers and creates that mental process that you use each time you are stressed. If the pattern you began was to release the anger by acting it out, you continue to repeat the pattern.

The Solution!

So you may be asking, what is the solution? Well, here it is. Of course, you cannot change the stressful situations that happened in the past or will happen in the future. However, you can learn new ways of viewing them and as a result, change how you respond and react to them! You may not be able to prevent the stressful situations and circumstances of life, but you *CAN* change how you respond to them.

You can learn how you can change your subconscious program and create one that:

- Takes setbacks in stride and moves through them
- Provides you with all the courage you need to do anything you want to do
- Provides you with the courage you need to never feel intimidated by anyone again
- Provides you the courage to never fear failure or setbacks

- Releases anger, guilt, shame, depressing thoughts
- Recognises and builds your self-esteem and self worth
- Stops the endless cycle of worry and over thinking.

The Secret Revealed - Cognitive Restructuring

Cognitive Restructuring is just another way of describing the concept of rewriting the subconscious programs that you now have.

Cognitive means the way you think and restructuring means to change or restructure your thought process. In other words, view the situation in a new way let us take each emotion you experience with a stressful situation and examine the cognitive restructuring needed.

In the upcoming Parts, we will discuss each of these emotions in greater detail, and the easy steps you can take to accomplish the cognitive restructuring or subconscious reprogramming that will help you permanently change your reactions and responses to stressful situations.

This article will show you how you can modify the negative emotions you picked up from life challenges and how you can install new programming and ways of thinking so you will react and respond in new ways to stressful situations in the future.

Part 3 - Life issues, where stress and anger begins

In Part 2 you learned that stress begins with a life issue that creates feelings of not having enough, or feelings of grief and loss.

In this section, you will learn how to identify your life issues, and more importantly, learn how you need to change the way you view these challenging life events. This article will show you how what you need to modify your thinking and the new thoughts and feelings to learn.

To begin, we need to learn about the different types of life issues that are the root cause of your stress and that eventually causes you anger. We will go through each category of issues and help you discover them. As you read these descriptions, issues from your life may come to your mind. You may want to take a blank piece of paper and write them down.

Disappointments

Disappointments are when you were expecting a specific outcome and things did not quite go as you expected.

Say for example, as a child, you tried for a sporting team, thinking you were qualified, and were very disappointed when you found that you were not chosen. Likewise, it could include being cut from the team or, as an adult, you expect a promotion or a raise, and it did not turn out as expected.

In personal relationships, it is when someone disappoints you, lets you down or does not meet your expectations. These can be friends, family, co-workers and casual acquaintances.

The disappointments can be from this week, last year or 20 years ago.

Concentrate on disappointments that affected you moderately to severely.

You may have experienced some setbacks

Setbacks are similar to disappointments, but for purposes of this article, we will define them as when life was going along a path as expected, and then for some reason, you receive a setback.

This can include accidents, illness, and failures in school or work, business setbacks, a significant other or spouse who terminates a relationship or is creating problems in the relationship, financial loss, or significant changes in living conditions. It can be relatives or children getting in trouble or creating problems or even your stock portfolio losing a significant amount of money.

You may experience unmet needs and expectations

Once again, this is a broad category. For some people, they found their childhood less than ideal if parents did not provide the nurturing and care they needed. The use of alcohol and drugs by parents, or being too consumed with work, household demands or other family members needing help, leaves many individuals feeling as though they did not receive all the nurturing and care they should have as a child. For those who experienced physical, verbal or sexual abuse, the feelings of needs not being met are significant.

In school, career and business, these feelings can exist as well it is common for both husbands and wives to feel they are not having their particular needs met. Clearly, with the divorce rate nearing 50%, this is a significant problem.

Unfortunately, for many of us, there are...

Too many demands or demands exceeding resources

In today's stressful world, this is a common complaint. One definition of stress is that we experience stress when the perceived demands exceed our time, abilities or resources.

You may feel as though you can never get everything done or have enough financial resources to cover your obligations.

A serious cause of life issues is traumatic life events

Traumatic life events would include:

- Serious accidents
- Serious illness
- Serious things happening to family members
- Divorce
- Floods, fires, etc.

These life events were significant and shook your world.

Then, there are losses

In this category, include the death of loved ones, unless you already listed them in traumatic life events.

This category could also include significant failures, job losses, financial losses, loss of friends, or times you may have been rejected or ridiculed. It can also include when friends or loved ones significantly disappoint you. In case there is anything else missing that you would consider a "life issue", you can now include them as well.

The cognitive restructuring needed regarding life issues.

The goal here is to recognise the life issues of your life, and help you learn what you need to delete or uninstall and what need belief systems you need to learn.

Typically, all of these life issues create feelings of loss, as if things were taken from you, you never had enough, or what is demanded of you exceeds your abilities or resources. These feelings of loss begin the chain of events that leads to fear and anger.

Clearly, you cannot change what has happened to you, but you can change how you perceive what has happened to you. You need to delete the feelings that you are less than whole and complete and reinstall this belief system.

You need to heal the hurts of the past, and learn that you can handle any challenges that lie ahead.

For example, let us say you did not have adequate parental nurturing as a child. Of course, this is a loss. If you go through life feeling as though you are less than whole because of this and you will react and respond accordingly.

However, when you change your perspective and recognise that you can still be complete and whole despite this loss, your whole manner of acting and behaving changes.

Part 4 - Conquering fear

You learned that stress begins with a life issue and creates feelings of grief and loss. You will learn the next emotion of being stressed, and how the grief and loss creates fear.

Fear is not only a cause of stress that often manifests itself as anger, but fear also keeps you from reaching your full potential in relationships, careers, social opportunities and your ability to reach your dreams and goals. This can add to your frustration and anger as well.

Have you ever wanted to do something, and right before its time to proceed, you get a funny feeling about moving forward? Moreover, for some unknown reason, you back away or find some reason not to proceed?

You will understand how this fear is created and how you can release the fear created from past life issues and learn how to have courage when faced with challenging situations.

If you ever touched a hot stove and were burned, your instincts will tell you not to repeat that accident. Psychologists call this a conditioned response. Your subconscious mind learns that a stove burns, so you avoid it.

However, let us say your job is in sales. You go to speak to someone on a sales call and they are having a bad day and treat you very poorly, perhaps insulting you and throwing you out the door.

Ouch! That hurts. Guess what your mind will do for you? It again created that conditioned response for you. The next time you need to speak to someone again, it will remind you by the fear response what happened last time, and it will be very difficult to do. If it is too difficult, you will fail in your new sales job.

Here is another example, you start a relationship with someone, and unfortunately, you get hurt. After you recover, you want to try again, but the fear of getting hurt again makes you avoid close relationships, or act so cautiously and defensively, that future relationships are doomed to failure.

Of course, this makes you angry and bitter.

Fear can save your life, but can also hold you back from doing things that are in your long-term best interest and of course; this is frustrating and makes you angry.

The same conditioned response that keeps you from burning yourself on a hot stove, also keeps you from doing things that are in your best interest.

Therefore, you need to learn to recognise which fear emotions are good for you, and which ones are holding you back from reaching your goals and dreams. After you recognise which fears you need to conquer you can use the techniques you will learn in this article to let go of the fears (delete them from your subconscious thoughts) and replace with courage and confidence (install the new beliefs of confidence and courage).

Perhaps you have read books on positive attitudes, affirmations, imagining the desired outcome, etc. These are fine techniques, but there is one problem with this. In some instances, no matter how we prepare, try or do our best, sometimes things do not work out as well as we expected, and we have yet another "life issue"

We back down and do not try, because the "life" from this may be too painful.

You do not have to be brave, courageous, macho or any other stereotypical ways of behaving to conquer fear because ...

The secret is revealed

- If things do not go well, or as anticipated, YOU CAN BE OK!
- If what you are trying fails, you can be OK, safe and secure, with self-esteem intact.
- If someone rejects you, your self-worth can be secure.
- If someone is mean or critical, you are not defined by their thoughts.
- If you experience a setback, you can still be complete and whole

When you realise that if things do not go well or fail, someone rejects or criticises, that this no longer will affect you or your self-esteem, you will conquer fear.

Too many times, we allow external life events to define who we are, for now, start to think about the concept that your successes or failures, those who may like or not like you, or those who accept or reject you. DO NOT define who you are. You do not need accomplishments or others approval to feel good about yourself.

When you accept these principles as part of your new thinking process, stress levels will plummet, and your self-esteem will be secure and your anger response will diminish As a result, you will have all the courage you need to do whatever you want.

In other words, you need to learn the new mental programs or cognitive restructuring that the real YOU is not defined by failures, rejections or criticisms. This is a key point.

Think about this. Most of the time we feel fear is when we are concerned that we will fail or mess up, or that we will be criticised or rejected by others. How do we often respond to situations like this?

Typically, we will choose not to take the risk, thus missing out of the finer things of life.

We would rather not try, than experience the consequences of failure, rejection or criticism. If we do not try, we will be stuck where we are, but sometimes our mind rationalises that this is better than the pain that you may experience if you try to move forward and fail. Of course, this quickly leads to anger and frustration.

In reality, failure is your friend. It has just taught you a valuable, lesson. It taught you what does not work! You learn from failure and find what works.

As you have learned, you need to reprogram your subconscious mind with the following belief:

When this is the new program in your subconscious, you will have the courage to try new things, meet new people, and take on new tasks.

With this new belief system or subconscious programming, if things go well, all is well. However, if things do not go as anticipated, and it does not work out, you now also have the new mental process that recognises your self-worth and self-esteem is not impacted by this, and as a result, you are still OK with the outcome, no matter what it is.

When this is your new belief system, even when things go poorly, since you know that this does not impact who are or how you feel about yourself, there will be no need to be fearful about the outcome or to be angry about the situation.

People who seem to have everything going for them and seem to be as successful at everything they do have had just as many life issues as everyone else. Sometimes, they even experienced more traumatic events and setbacks than most. However, here is the big difference between the two. The successful people moved past their fears and found the courage and strength to try again. As a result, they found the success they wanted and deserved.

How many opportunities in personal relationships, business or job opportunities have you missed out on due to fear holding you back?

How would it feel if this fear no longer kept you from trying new experiences? How would your prosperity and relationships be improved if you were able to move past fear?

You will soon learn how easy it is to reprogram your subconscious with this belief system of courage, but let us continue with the third emotion from a stressful life situation, anger.

Part 5 - Releasing anger

In this section, we are going to discuss the third emotion you experience as part of stress; anger.

You will learn:

- How anger is created
- The many ways you can experience anger
- How to release anger from previous stressful life events
- How to install a new belief system to stay relaxed and calm in the future

After reading this Part, you may never view anger in yourself or anyone else the same way.

The premise is that fear creates anger. Let me give you an example. Have you ever seen a parent's reaction right after an incident in which their child was almost hurt or the child was missing from them for a short duration? In some instances, right after the near accident occurs or the child is found, the parent may respond with obvious anger with a comment such as "You really scared me by walking away from me!" This is a classic example of fear being manifested as anger.

In virtually every case of someone being angry, there is an underlying fear that is creating the anger. Of course, you have to broaden your definition of fear from the traditional concept of being scared, but when you think it through, it becomes rather clear that fear creates anger.

Let us examine how you can experience fear:

- Fear of life not living up to expectations
- Fear of being rejected or criticised
- Fear of losing something important to you
- Fear of not receiving something you expect to have
- Fear of failure
- Fear of disappointing others or not fulfilling self expectations

Look at a few examples ...

Someone is struggling in school or at work. For some reason things are not going well. Keep in mind that first this is a life issue; life not being as expected, or not living up to expectations. They may be fears of failure, fears of losing their job, etc. These fears may even be on a deep subconscious level, but are expressed as frustration or anger.

When life is giving us a "raw deal", we get angry! In school, home or family life, we get angry as we experience life issues.

When traffic stalls and you are late or disadvantaged, this is disrupting your life as anticipated, and you get angry. When we do not make the team or get the promotion, we get angry. If others do not behave the way you believe they should, you may get angry.

During the next few days and weeks, observe yourself if you experience anger, observe others as they experience anger. You may note that underlying the anger is a life issue that is creating fear on some level and creating the anger. Let us face it; we do not get angry randomly. We get angry when:

- Something doesn't go as expected
- We lose something or don't receive what we anticipated
- Too much is demanded of us
- Life is disrupted.

Anger can be represented in several ways. First, you have the typical example of anger, someone shouting, maybe cursing, and perhaps getting red in the face. They may be showing their anger to another person, or just "venting" about how unfair or unjust life is for them. Alternatively, they may be complaining about their streak of bad luck and unfortunate things that happen to them. However, some people have been taught not to show anger, or have been forced to suppress anger.

Unfortunately, when we experience anger, it has to go somewhere. Where else can anger go? For some, whenever something goes wrong they turn the anger inward and blame themselves. This can result in feeling depressed, guilty, and self-blame or shame.

As we discussed in the previous lesson, for the most part, fear holds you back, keeps you from moving, immobilises you. On the other hand, anger may cause you to act out, sometimes even uncontrolled when you "lose it".

Anger destroys lives, marriages, children, friendships, careers, educational opportunities, businesses, and social institutions.

Unfortunately, anger kills as well. How many people need a drink or an illegal substance to "calm them down", and as a result have accidents that kill and maim. How many women and children are abused each year because someone could not control their temper? The numbers are staggering. There is untold pain and suffering due to anger.

If anger is turned inward, the feelings of guilt, shame or depressing thoughts can be overwhelming and keep you from reaching your full potential in life.

Another part of understanding your anger is when you feel like a victim. On occasion, you may feel like a victim when you experience a life issue. You may sometimes believe "they" or "someone" or "the world" is out to get you. Clearly, it may be easy to feel this way. If someone treats you poorly, tries to hurt you in some way, or you fail a test, get cut from a team, lose an important sale to someone else who under cut you, someone else who got the promotion rather than you, its natural and normal to feel victimised.

Let us explore a real life example. You are walking in a crowd of people and someone steals your wallet or purse taking all your important identification cards and a significant amount of money. This is a loss. You may experience many fears, and show anger, displaying it in a way that is typical for you. You feel like a victim. However, whoever stole your wallet did not necessarily have the motivation of hurting you. Hurting you had to be an unintentional circumstance in them getting what they needed (your money) but in all likelihood, they would not have gone through the trouble it takes to steal a wallet just to make your life miserable. Your pain is an unintended by-product of them needing or wanting the money. Perhaps they are on drugs, unemployed or feel terrible about themselves.

Therefore, the first cognitive restructuring to accomplish is to let go of feelings of victimisation. Many times when we feel like victims, we just happen to be in the wrong place at the wrong time, or someone is acting in a way that suits their needs, and bypassing, hurting or sidestepping you is part of the process to get where they want to go.

In most cases, hurting you was not primary, just secondary. In other words, sometimes bad things just happen. There was not anything wrong with you, there was no plot to bring harm to you, stuff just happens and you feel the consequences.

So, when you notice yourself feeling victimised, ask yourself this question; "Was my being hurt/losing/not receiving, etc., just a by-product of other actions that someone felt they needed to take to get them what they wanted or needed?"

When you start to look at it differently, clearly you can be angry that something bad happened, but you can eliminate or reduce the feelings of victimisation. If you hang on to it, it will eat away at you like rust on a pipe.

The new subconscious programming

One of the root causes of anger is that we still feel victimised by our past life issues. There are too many people holding on to anger from years ago. This anger is eating them alive and destroying their lives and the lives of those around them.

Therefore, to create the new programming in your subconscious mind, you need to go through each of your major life issues of life and release (delete) the anger from these past events.

Maybe your childhood was less than ideal, with lack of parental nurturing or perhaps even abuse. Alternatively, perhaps people you loved and cared for you disappointed you or hurt you. Maybe you had serious business, career or business setbacks. I will admit, it is hard to let go and forgive, it is worth holding on to the anger from the past only hurts you and your loved ones.

In the last section, you will see how easy it is to use guided imagery to release the anger and delete past stressful life situations, and learn to respond in peaceful and calm ways in the future (install new programming).

However, for now, let us go to the second to last emotions from a stressful life situation, how it influences your feelings of self-worth and self-esteem.

Part 6 - Restoring your self-esteem and self-worth

In this section, we will discuss how life issues can lower your sense of self-worth and self-esteem and act as a source of stress that creates anger.

As you experience unmet needs and expectations, or are on the receiving end of hurtful or critical comments, feel overwhelmed, or experience traumatic or hurtful life events, your sense of self-worth and self-esteem can be eroded. It is natural that this would make you angry.

By the end of this section, you will understand how life issues erode your sense of self-worth and self-esteem and how you can take some easy steps to build and restore it. Your sense of self-worth and self-esteem is vital to your emotional health.

Lack of self-esteem fills you with stress producing self-doubt and feelings of inferiority. As a result, you may be missing out on beneficial life opportunities.

If the pain is deep enough, it may be a contributing factor to additive and other self-destructive behaviours. When you have built and restored your self-esteem, it shows in everything you do. You will have more confidence in your abilities and success that is more personal will come your way.

Perhaps, as children, people may have experienced parents that were preoccupied, favoured other children, were critical and very seldom gave compliments, or at worst, were verbally or physically abusive. Alternatively, if the family was supportive and functional, going to school exposed them to bullies and others, who would ridicule, tear them down, insult them or even are physically abusive. Unfortunately, some teachers added to the lowered sense of self-esteem by their behaviours.

Relationships that faltered may have resulted in hurtful messages, rejection and sometimes betrayal. On the other hand, the workplace may subject you to demeaning conditions if co-workers or superiors treat you poorly.

Of course, any personal traumas add to the problem as well. No wonder most of us have a few battle scars and are not very confident about ourselves.

Life issues of life chip away at our self-esteem and contribute to anger. If you have enough positive reinforcements and support along with the resiliency to shake off the negatives, you survive and thrive.

However, if the life issues keep coming and there is insufficient support, you continue to wear down. Clearly, as your sense of self-worth and self-esteem erodes your resilience to stress declines as well. It's for that reason that building and restoring your self-esteem are a vital part of any anger management program.

If you wrote down your life issues, you may want to review them and make a mental note as to how each of them impacted your self-worth or self-esteem.

The cognitive restructuring needed

To restore your self-esteem, you need to neutralise or delete the impact that life issues had on your feelings of self-worth and self-esteem, and then you need to install the following belief about yourself:

Part 7 - Stop worry in its tracks

In this section, we will discover how the last emotion of stress is worry, over-thinking or feeling anxious. When you are worried or anxious, it is easy to become frustrated and angry.

To review, the concept presented in this article is that life issues in life create feelings of loss and grief. Next, you experience fear and then anger.

Then, self-esteem and feelings of self-worth are reduced and finally, all of this creates worry, over thinking or anxiety.

Let us examine what happens when you worry, think too much or become anxious. It generally consists of:

- Replaying a past event repeatedly in your mind, constantly rehashing and thinking about it.
- Worry that a life issue you experienced in the past or something similar will happen again in the future.

- Projecting worry onto present day or future events, thinking of every possible thing that could go wrong.

If this pattern keeps going, your mind is constantly preoccupied with thoughts of the past and thoughts of the future, while less and less time is spent in the present moment.

Have you ever been reading a book, or someone is speaking to you, or you are trying to meditate or rest, and realise your mind is off somewhere else, replaying a past event or worrying about a future event? How would your life improve, if you stayed focused on the present?

When you are absorbed in the past or the future, you are more likely to make mistakes, have accidents, lose things and miss opportunities. As you are able to reduce the "worry", you can focus your mental attention on those things that will be to your benefit.

There is an old adage that says "I was worried sick". There appears to be a connection between the stomach and worry. That is why performers get "butterflies" in their stomach before a performance.

However, I will go one-step further and make the suggestion that worry can, in some situations, actually increase the chance that the thing you are worried about could happen.

Let us say you have to speak to someone, make a presentation, or be in a situation, which causes you apprehension. In the days and nights before, you start worrying about what may happen. You think of how you could mess up, how others may not like what you have to say, and your mind keeps going and going. By the time you are ready for the event, you are so nervous that you increase the chance of making the mistakes you were afraid of making.

Let us say you were mugged and your wallet or purse was stolen. As a result, you could either keep replaying the mugging in your mind, thinking about how this could have been avoided or why this happened. Alternatively, you could be constantly worried that this will happen again. At the extreme, it is possible that you could get so worried that you would never want to leave your house.

This worry could then be projected into other areas of your life. If someone is 10 minutes late, your mind might immediately begin to think a mugger knocked them unconscious and they are laying somewhere hurt.

Alternatively, you begin a personal relationship and it does not work out very well. You could preoccupy yourself with thinking through everything that you may have done

wrong, what they have done wrong, why bad things happen, why you are being punished, etc.

On the other hand, you can project these worries into the future, and be so concerned that it will not work out again, that you act in ways that decrease the chance of success when another opportunity arises.

Alternatively, you can stop the worry, and move on with your life.

Cognitive restructuring or reprogramming needed

Just as discussed previously, you need to be able to stop or delete the program in your mind that creates worry and over thinking and learn or install the new belief:

I am peaceful and calm

Therefore, now you know what you need to do. Now lets learn how you can use faith based guided imagery to easily accomplish these goals.

Part 8 - Using guided imagery to delete and install new mental programming

You now have the knowledge of how to significantly reduce the impact of stress that causes you to become angry. Let us take this knowledge, learn how you can make this a permanent part of the way you think, act and behave, and put it to practice in your life.

You now know that the basis of this anger management program is that life issues are the root cause of stress in our life. This includes unmet needs and expectations, setbacks, disappointments, traumatic life events, losses, too much being demanded, or not enough resources to meet the demands.

Life issues include all the life events that disappoint you, discourage you, demand too much of you, are critical or disapproving of you, agitate or make you fearful or create worry.

Because of life issues, you experience fear. This may be fear for the future, fear of being harmed in some way, fear of not meeting your goals and expectations, fears of others being hurt or fear of rejection or criticism.

Next, you experience anger.

After all this, your self-esteem is lowered and you begin to worry, over think or become anxious. Your lowered self-worth and worry makes you angry as well. It becomes a vicious cycle.

Letting go old programming and learning new beliefs about yourself

In each of the previous sections, we talked about letting go of the negative emotions created by life issues, and the new methods of thinking you need to learn or install.

Here is what you need to delete or uninstall and the new belief system you need to install into your subconscious mind.

Life issues make you feel incomplete, less than whole, as if something was taken from you or you do not have enough.

- You need to delete this belief that you are incomplete and less than whole as a result of each life issue you experienced, and then; You need to learn or install the belief system that, I am Complete and Whole in Mind and Spirit.

Life issues create fear.

- You need to delete or uninstall the fear created by life issues, then,
- You need to learn or install that I Am Courageous and Victorious.

Fear creates anger.

- You need to let go any anger you are still holding on to and forgive and then,
- You need to learn the belief system, that I release all anger. When faced with challenging situations.

Next, self-esteem is lowered from the life issues, fears and anger.

- You need to change how these life issues impacted your self-esteem, and self worth and then,
- You need to learn that With God's Help, I am Worthy and Valuable.

Finally, you begin to worry or feel anxious.

- You need to stop this pattern of worry and,
- You need to learn that, I am Peaceful and Calm.

When these principles are a part of who you are and how you think, not only will you have significantly less anger, but you will feel good about yourself, and have all the confidence you need to reach your personal and professional goals.

It is easy to use a simple process called guided imagery to easily do this for you.

Using mental imaging to learn new ways of thinking

Interestingly, your mind works in pictures. If I were to ask you to describe the kitchen in your home, you would immediately pull up a picture of your kitchen in your mind and then describe it. Your mind often thinks and learns with pictures. Therefore, to learn new ways of thinking, you can make pictures in your mind that represent your old way of thinking, and then have you imagine this picture changing.

When you do this, a very powerful thing happens.

When you picture and imagine in your mind that an emotion you are feeling is a picture and then you see that picture changing, your thought processes will follow along and over time, you will use this new way of thinking permanently!

When you picture and imagine in your mind that an emotion you are feeling is a picture and then you see that picture changing, your thought processes will follow along!

Here is all you have to do...

Take your emotions of loss, fears, anger, lowered self-esteem, worry, and make a mental picture of them. Then, in your "minds-eye" see this mental picture changing. As you see this mental picture changing, your mind "learns" this new way of thinking. In just a moment, you will see how easy and effortless this is to do.

Using guided imagery to create the mental pictures

Guided imagery is a two-part process. The first component involves reaching a state of deep relaxation through breathing and muscle relaxation techniques. During the relaxation phase, then you close your eyes and focuses on the slow, in and out of his breathing. Alternatively, you might focus on releasing the feelings of tension from their muscles, starting with the toes and working up to the top of the head. Relaxation tapes often feature soft music or tranquil, natural sounds such as rolling waves and chirping birds in order to promote feelings of relaxation.

Once complete relaxation is achieved, the second component of the exercise is the imagery, or visualisation, itself. Relaxation imagery involves conjuring up pleasant, relaxing images that rest the mind and body. These may be experiences that have already happened, or new situations.

You may also use mental rehearsal. Mental rehearsal involves imagining a situation or scenario and its ideal outcome. It can be used to reduce anxiety about an upcoming situation, such as childbirth, surgery, or even a critical event such as an important competition or a job interview. Individuals imagine themselves going through each step of the anxiety-producing event and then successfully completing it.

Preparations

If you are considering relaxation therapy to alleviate physical symptoms such as nausea, headache, high blood pressure, fatigue, or gastrointestinal problems, you should consult a doctor first to make sure there is not an underlying disorder or disease causing the symptoms. A complete physical examination and comprehensive medical history will be performed, and even if an organic cause for the symptoms is found, relaxation exercises may still be recommended as an adjunct, or complementary, treatment to relieve discomfort.

Relaxation therapy should always take place in a quiet, relaxing atmosphere where there is a comfortable place to sit or recline. Some people find that quiet background music improves their relaxation sessions.

The relaxation session, which can last anywhere from a few minutes to an hour, should be uninterrupted. Taking the phone off the hook, asking family members for solitude can ensure a more successful, and relaxing session.

Precautions

Most commonly practiced relaxation techniques are completely safe and free of side effects.

Side effects

Relaxation therapy can induce sleepiness, and some individuals may fall asleep during a session. Relaxation therapy should not be performed while operating a motor vehicle or in other situations where full and alert attention is necessary. Other than this, there are no known adverse side effects to relaxation therapy.