



Timeless
Lifeskills

Presents

Anger Management

- in 21 Tweets!

1. Anger can have an adverse impact on your health - high BP, stress... If not managed it can transform into rage, which is even more harmful!

2. Anger distorts perception and reasoning and leads to wrong decision making.

3. *From an organisation perspective managing anger is important because it has a direct bearing on productivity. A happy team achieves more.*

4. Understanding Anger: we have an image of ourselves & others - the shoulds & musts. Like, people **SHOULD** be courteous, or I **MUST** exercise daily

From the book "Life 101" - by Peter McWilliams

5. We demand that we and others live upto this image. If this does not happen we feel emotionally upset. This is the first stage of anger.

From the book "Life 101" - by Peter McWilliams

6. If we feel upset with ourselves we feel 'guilty'; if we feel upset with others we feel 'resentment'. These are two faces of anger.

From the book "Life 101" - by Peter McWilliams

7. Managing anger: self-awareness is the key. Acknowledge you are angry and find the source of anger - usually the 'should' and 'must' images.

8. Steps for managing your anger:

1. STOP

2. LOOK

3. CHANGE

4. DEAL

9. 1. *STOP*: Pause, don't act in haste.
Remember- 'when angry count till 10'. If anger is rising divert your attention from the anger's source.

10. 2. LOOK: analyse the image you have of self and others. Be realistic and approach the situation logically. Address your fears.

11. 3. *CHANGE*: the image of self and others if it is not rational or logical or if you are expecting too much.

12. 4. DEAL: use your problem-solving skills to come up with other possible course of action. Confide in a friend who has good judgement.

13. After self-introspection if you still feel that the image or expectation you have of the other person is correct then express yourself.

14. Be assertive, direct but stay positive. Share your feelings of threat and fear, "I feel upset when you..." Acknowledge your responsibility.

15. Don't accuse others of making you angry.
Avoid self put-downs, or invitations to
criticism, or retaliatory anger.

16. Test Yourself : No promotion, no bonus, not even a tiny raise! Makes you so A-N-G-R-Y you want to quit. But what will you really do...

17. a) Resign b) Go out for a walk c) Accept the outcome and hope for the best next year d) Explain to your boss the contributions you have made

18. Going out for a walk is your first best step. You need to lower your anger arousal.

19. If you think you deserve a raise then explain your reasons, but with an open mind and when you are not so angry.

20. Recap Anger Management Steps: STOP,
LOOK, CHANGE, DEAL. Divert your
attention from the source of anger;
change wrong image or expectation;

21. confide in a friend you trust; if you think your anger is justified share your feelings, stay positive, direct and don't blame others.

About the Curator

- Co-founder, www.TimelessLifeskills.co.uk
- Co-founder, www.EnablingDimensions.com



Thanks for reading. You can join
the Learning Conversations at
www.facebook.com/lifeskills
– Atul

Ack: Understanding Anger is from "Life 101" – by Peter McWilliams