Anger

Anger is easily disposed of if you keep in mind that blame and anger are actually the same event: anger is the feeling that accompanies the cognitive experience of blaming.

The most difficult component of getting rid of anger is identifying blame. Most people will recognize that a direct accusation ("You are pissing me off.") is blaming but they will often fail to recognize less direct statements as blame ("I can't tell her that it will make her feel bad.").

I recommend to people that they have a contest with others in their home or business to see who can identify blaming on TV, in movies, in the news, in books, etc. A penny a point, or something like that. I do not advise watching NCIS for points, I have heard only one blame statement from a main character in all the years it has been on TV (23 years). The best place to make a lot of points are news stations like CNN, MS-NBC etc. Democrats tend to make many blame statements. Pay attention to what others say to you—it is often blame in nature.

It is necessary to separate blame from statements that could be actual/true. "He is low IQ." is a statement perhaps believed to be true by the person stating it. It is not blame; it is descriptive. Of course, there is always some degree of judgment about the words being spoken so ask yourself if the statement could indeed be true. "He is responsible for hurricane Jody." That statement does not pass the smell test. It can not be true, so it is without doubt a blame statement.

Next comes the crucial component to get rid of anger: Stop blaming! It is as simple as 1, 2, 3. If you are experiencing anger, you have just blamed someone (or something) for some reason. Go back and find the statement you made (perhaps in your head) and see if you can reword it in non-blame language. You will find if you do this that anger will soon not be an experience you have to deal with.