

Anger Control

by Ian Carpenter Counselling



Your thoughts determine your future

“Taking control of ruminating thoughts can not only determine your future but can have the effect of changing maladaptive behaviours”.

The warning signs
SEEING RED.

“Where on the scale are you when you awake and prepare for sleep?”

Out of control

10

Irate

9

Explosive

8

Livid

7

Enraged

6

Hostile

5

Pissed off

4

Mad

3

Heated

2

Annoyed

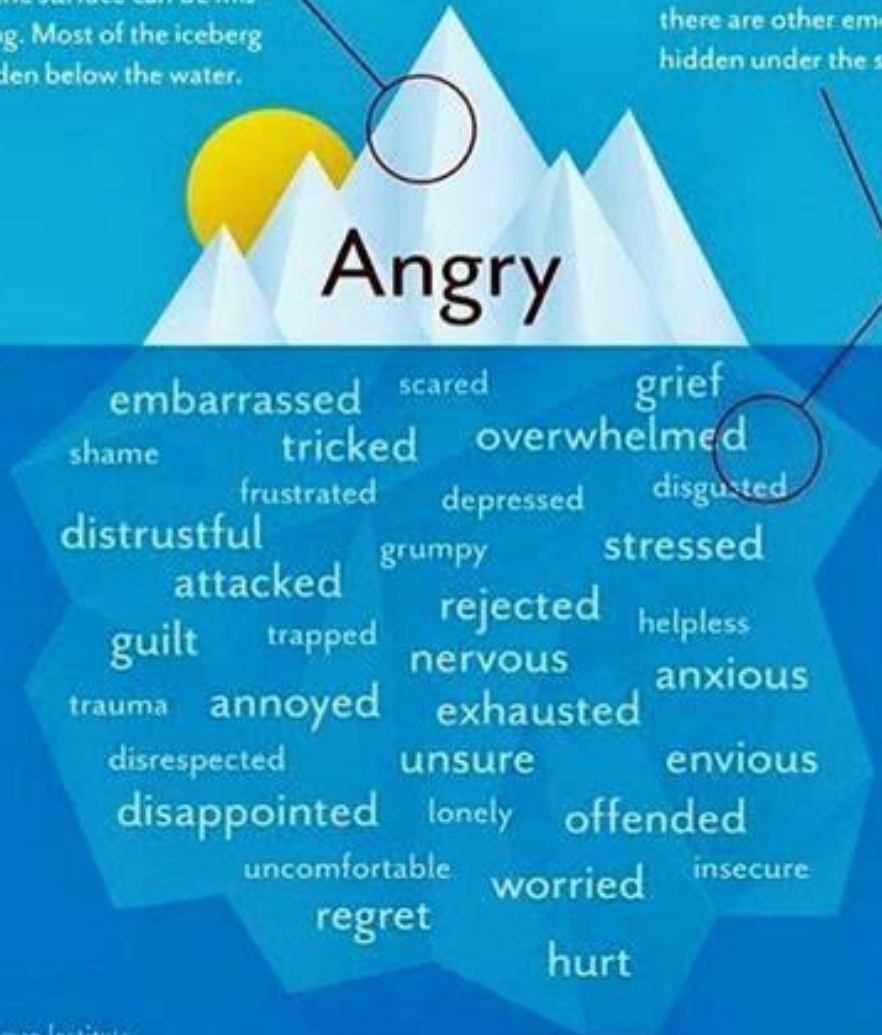
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Displeased

Anger Iceberg

Icebergs are large pieces of ice found floating in the open ocean. What you can see from the surface can be misleading. Most of the iceberg is hidden below the water.

This is how anger works. Often when we are angry, there are other emotions hidden under the surface.



Anger outburst are a symptom of underlying psychological distress. For example, Chronic Stress can affect your immune system resulting in a number of physical and psychological disorders.

To improve self-awareness of anger related issues, we need to build on the practice of:

- **Reflection**
- **relationships,**
- **and resilience.**



The Goal

- **To Learning how to** deal with challenges you did not think possible
- or, not being stuck in a situation
- or afraid of change.



Your Inner Personality



- Your inner self is a form of sub personality that defines different aspects of ourselves
- It is recognized as a form of thinking to protect and keep us safe
- Knowing how you are likely to respond enables you to recognize anger triggers before they escalate

Your Inner Personality

- For example, at a party we may go into our fun-loving part and have a good time.
- Or, if someone asks for help, we go into the nurturing part of our self.
- The critic part of us keeps saying you are not good enough and may be the cause of procrastination



The objectives of Inner Parts Personality Theory

- To foster greater **Insight** into how we behave and learn to talk directly with our protectors, finding out what they are afraid of and what painful memories they are trying to keep hidden.
- For the hurt inner child using strategies like **witnessing** past difficult events from a centred place.
- Hurt parts often also need **retrieval** to help them become more present,
- Learn to **unburden and** free ourselves from past trauma.

Our Three Protectors: Managers, Firefighters and Exiles

- **Our Manger** is the part of ourselves that wants to organize everything
- The controller and organising self. How we manage ourselves creates better outcomes:
- Big decisions – what are your strategies
- Check and to do lists
- Preventing Embarrassment and Shame
- Controller planner judge caretaker
- Procrastination



Our Firefighter Self

Dousing the flames of feeling by behaviour strategies:

- Alcohol excess
- Drug addiction
- Smoking
- Shopping
- Eating
- Suicide
- Protectors working on the same goals



EXILE Self

- Holding painful emotions that have been isolated from the conscious Self for protection of the system.
- Rage,
- Dependency,
- Shame,
- Fear,
- Grief & Loneliness
- Parts of us stuck in the past you may feel the burden of our past or shame
- Unconscious protective roles are triggered for example an anger outburst -an automatic response
- All our inner parts want to help we need to learn how to communicate with ourselves and help heal damaged parts
- **Once we have a relationship with our exile self we can start to heal them.**



The 6 Fs of communicating with the different parts

- Find – the body sensation
- Focus- make a mental agreement of spend time focusing on it
- Flesh it out – how close are you to the part
- Feel- how do you feel towards it
- Befriend – what is it trying to do for you
- Fears – what are you afraid of that might happen

Mind Platter for Optimal Brain Matter

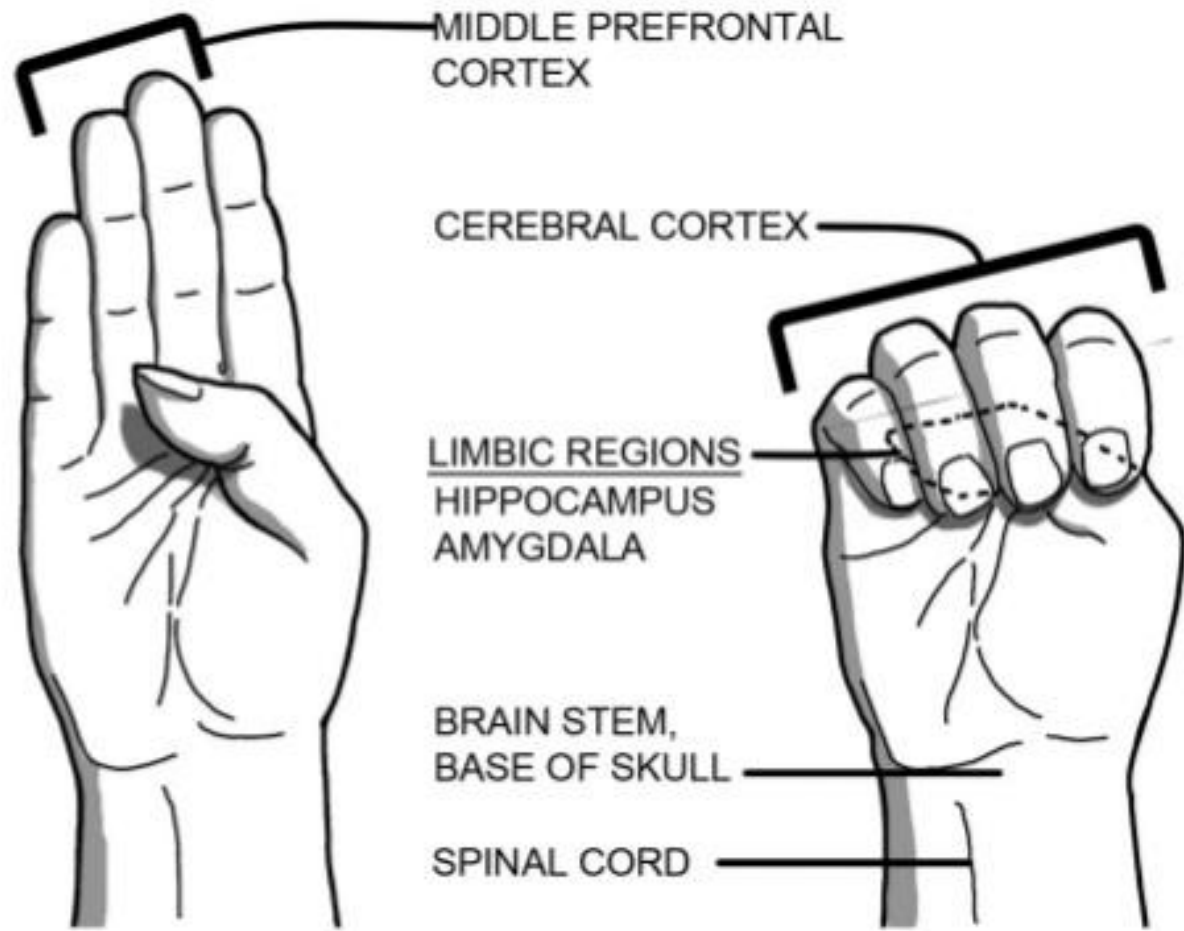


TIME IN

- Two important mental nutrients are TIME IN:
 - These should be practiced every day.
 - To reflect inward on the inner nature of your life:
 - sensations
 - images
 - feelings
 - thoughts
- So they shift through your inner world on your inner thought's feelings.
- The Brain: the way you focus attention, changes the circuits of the brain.



The Wheel of Awareness Practice.
(See links on the Home Page)



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Fearless **Soul**

The main 8 part of self



We are the creation of our environment

- Albert Einstein “The self as a single noun is an optical illusion”
- We are plural verbs that comes from out interaction with others
- We have mirror neurons that reflect our attitude and how we communicate with someone
- Compassion creates a healthy mind.
- Compassion for other people normally begins with compassion for ourselves.
- Happiness is reaching out to connect to others

How aware are you of the level of your anger?

- Low Self-esteem can act as a trigger for angry reactions
- Self-esteem is your opinion of yourself.
- People with healthy self-esteem like themselves and value their achievements.
- A daily practice to boost self-esteem and build resilience is

SELF TALK

Common characteristic of low self-esteem:

- Uses negative words to describe themselves such as stupid, fat, ugly or unlovable
- Has a habit of negative self-talk that is critical and self-blaming
- Blames themselves when things go wrong .
- Does not believe a person who compliments them.
- **Self-harming behaviours –**
 - increased risk of self-harm,
 - drug abuse
 - or suicide ideation.



Self-esteem Building Resilience

- **Talk to yourself positively** - treat yourself as you would your best friend
- **Challenge negative 'self-talk'** – every time you criticise yourself, stop and look for objective evidence that the criticism is true
- **Acknowledge the positive** – for example, don't brush off compliments, dismiss your achievements as 'dumb luck' or ignore your positive traits.
- **Forget the past** – concentrate on living in the here-and-now rather than reliving old hurts and disappointments.
- **Tell yourself a positive message everyday**
- **Have fun** – schedule enjoyable events and activities into every week.

PRACTICE YOUR POSITIVE SELF-TALK

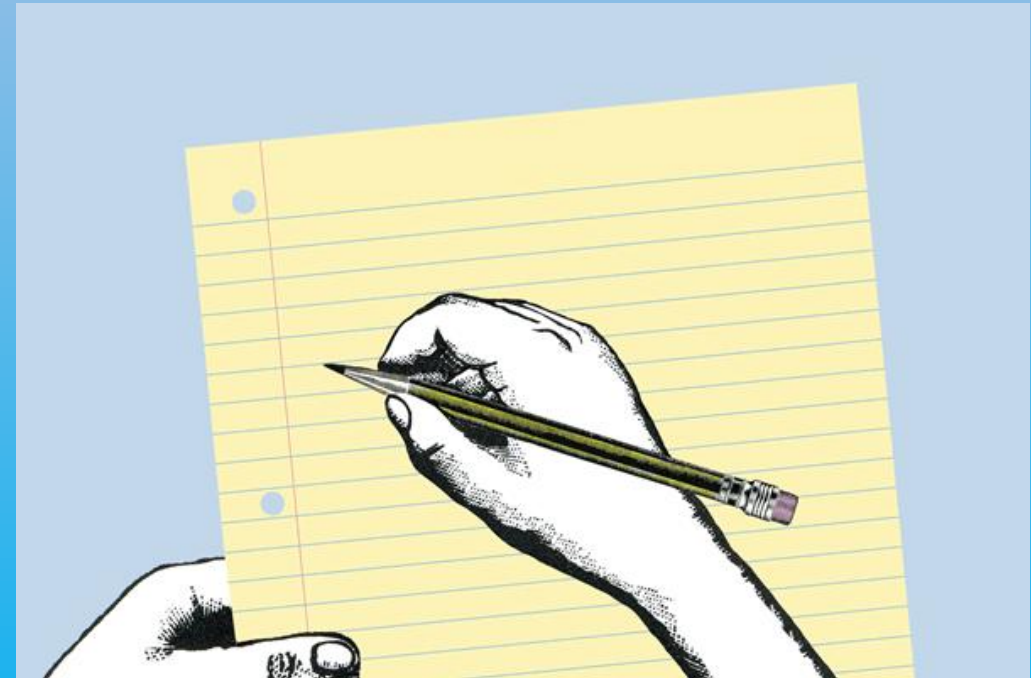
- I am good.
- I am confident.
- I am competent.
- I am worthy of success.
- I am a gifted human being.
 - I am respected.
 - I am admired.
- I am a kind and loving person.
 - I contribute to the world.
 - I can deal with conflict.
 - I can handle anger.
 - I can deal with stress.
 - I will be the best I can be.
- I am committed to being healthy, happy.

Keep a record of your thoughts over the week

- write down several problems or situations that made you angry.

Did you tell yourself a negative message?

- What positive message could you tell yourself if the problem or situation happens again?



REPEAT REHEARSE VISUALIZE

Situation

Negative Message

Positive Message

1. _____

2. _____

3. _____

Thank you for visiting my site



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