

Goodbye To Anger

Learning to Live in Peace Again

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Goodbye To Anger

An Overview

- **Part 1: The Erupting Volcano**
(looks at the anger process)
- **Part 2: Looking Beneath the Surface**
(looks at the power of thoughts in creating and resolving anger)
- **Part 3: Into the Depths of the Volcano**
(looks at the sub-conscious aspects of anger)
- **Part 4: The Heart of the Matter**
(looks at spiritual aspects of anger)

A Four-Step Process

1. Open Our Eyes
2. Change Our Mind
3. Heal Our Heart
4. Awaken Our Spirit

Learning Outcomes

- A clear understanding of the inner anger process and its effects on the self, others and the world / environment
- Be able to choose more appropriate and positive responses to situations, which trigger anger
- A range of practical tools to help us live a more peaceful and productive life

Step 1. Open Our Eyes

(The Erupting Volcano)

Learning Outcomes:

- Awareness of the different forms and manifestations of anger
- An understanding of its effect on our well-being
- Realising the impact of anger on others

Definition of Anger

Anger is a fear-based, negative, emotional reaction to situations, circumstances, or people which disturbs our peace of mind and has harmful consequences for the self and others

The Price Of Anger

- No peace of mind
- Sorrow
- Guilt
- Shame
- Spoilt relationships
- Damage to our nervous system
- Abuse
- Wasted mental and physical energy
- Loss of judgement
- Inability to consider the needs of others
- Affects the collective consciousness

The Gifts of Anger

- Protection
- Insights into the self
- An opportunity to learn, grow and develop new ways of being
- Catalyst for change / action
- Increases strength of character

It also highlights the need for:

- Better communications and relationships
- More self confidence and self respect

The Effects On Our Health

Anger triggers the 'fight or flight' reaction in the body and can lead to the following conditions:

- | | |
|--------------------------|-----------------------|
| ■ High blood pressure | ■ Digestive disorders |
| ■ Coronary heart disease | ■ Muscular spasms |
| ■ Migraines & headaches | ■ Skin disorders |
| ■ Depression | ■ Cancer |
| ■ Insomnia | |

Behavioural Signs of Anger

- Temper outbursts
- Crying
- Withdrawing
- Poor concentration
- Indecision and unreasonable complaints
- Increased smoking/alcohol consumption
- Increased dependence on tranquilisers and drugs
- Difficulty in sleeping and waking tired

Emotional Signs Of Anger

- Excessive and rapid mood swings
- Worrying unreasonably about things that do not matter
- Over concern about physical health
- Withdrawal and daydreaming
- Inability to feel sympathy for others
- Increased irritability
- Constantly complaining and criticizing others

Feelings Associated With Anger

- | | |
|----------------|-----------------|
| ■ Fear | ■ Worthless |
| ■ Shame | ■ Useless |
| ■ Worry | ■ Suicidal |
| ■ Guilt | ■ Helplessness |
| ■ Inadequacy | ■ Misunderstood |
| ■ Hopelessness | ■ Lonely |
| | ■ Alienated |

Reflective Learning

Reflective learning is an 'inside-out' approach to personal growth and development based on

- observing
- reflecting
- learning
- practicing
- changing

whatever it is we wish to change in our life.

It's about choosing to respond to the demands that are made of us and use our mind and internal resources in a positive way for the benefit of ourselves and others.

The Power of Choice

We may not be able to control the situations that occur in our life but we have a choice over how we handle them.

We can choose to be:

- | | | |
|--------------|----|-------------|
| ▪ Positive | or | Negative |
| ▪ Proactive | | Reactive |
| ▪ Solution | | Problem |
| ▪ Empowered | | Victim |
| ▪ Loving | | Afraid |
| ▪ Optimistic | | Pessimistic |
| GLAD | | SAD |

Ways To Deal With Anger

Painful/Mindless/Senseless/Regressive Ways

- Aggression (explosion)
- Passive aggression (implosion)
- Suppression (repression)

Peaceful/Mindful/Sensible/Adult Ways

- Assertion (non-violent communication)
- Contemplation (enlightenment)

Exercise: The Anger Process

- Think of a situation that 'makes' you angry (the trigger)
- How do you behave in this situation?
- What are the physical effects on your body?
- What do you feel?
- What is the first thought that comes in your mind when the trigger occurs?

Step 2: Change Our Mind (Looking Beneath the Surface)

Learning Outcomes:

- Awareness of the five types of thoughts and their impact on perception, attitudes, beliefs, expectations, language and self-esteem
- Recognition of personal responsibility in the anger process
- Practical tools for creating powerful, positive, peaceful thoughts and attitudes

What Is Thought?

Thought is a non-physical energy, which can be used in a positive or negative, constructive or destructive way.

Thoughts are based on a set of

- Beliefs
 - Values
 - Attitudes
- which inform our
- Perception
 - Feelings
 - Words
 - Actions

More On Thoughts

- Thoughts can be powerful or weak, concentrated or diffused.
- There is a strong connection between the state of the mind and the state of the body.
- The quality of my thoughts determines the quality of my life.

The Five Types Of Thought

- Elevated thoughts: uplifting thoughts
- Positive thoughts: benefit the self and others
- Negative thoughts: damage the self and others
- Necessary thoughts: are necessary to daily life
- Wasteful thoughts: are repetitive and energy-draining

Always Remember

- I create my thoughts
- I am responsible for my thoughts
- I choose my thoughts
- Nobody can make me angry

Positive Thinking Guidelines

- Positive thoughts are:
- Focused on the here and now
 - Unqualified
 - Beneficial to the self and others
 - Without any negatives

Methods To Change Thinking

- **POSITIVE THINKING**
Changing individual thoughts (including attitude, beliefs and language)
Method: Focused attention and awareness

REMEMBER:
Check and Change

Methods To Change Thinking

- **AFFIRMATION**
Replacing old negative beliefs about the self with positive ones
Method: Constant repetition of the affirmation for 21 days
- **IMAGINATION**
Influencing our thoughts and feelings with powerful, positive images
Method: Visualisation
- **MEDITATION**
Connecting with the inner being
Method: Observation, concentration and creation

Methods To Change Thinking

- Put a full stop - just refuse to think about the trigger any more
- Change expectations into hopes
- Develop an attitude of gratitude
- Learn to appreciate everything in your life
- Check and, if necessary, change your beliefs
- Use positive, proactive language
- Where the attention goes, energy flows - so look for the best in everything and everyone

Look After Yourself

- Avoid violent films and bad company
- Avoid alcohol, drugs and other mind-altering substances
- Watch what you eat and drink
- Exercise regularly
- Breathe deeply ie from the diaphragm
- Get enough sleep
- Relax
- Sort out any practical problems that may be causing you stress

Assert Yourself

Assertiveness is behaviour which helps us to communicate clearly and confidently our needs, wants and feelings to other people without abusing in any other way their human rights. It is an alternative to aggressive, passive and manipulative behaviour.

Gael Linderfield, 'Assert Yourself'

Ways To Assert Yourself

- Be honest and positive in attitude and intentions
- Keep calm and relaxed
- Know what you want and ask for it clearly
- Use 'I' statements to express your feelings

Ways To Assert Yourself

- Listen with an open heart
- Be firm but fair
- Aim for a win/win situation
- Be prepared to compromise
- Avoid criticism and blame
- Maintain your boundaries

Satisfy Your Primary Needs

A primary need is something that is required for our survival. Some of our primary needs are to be:

- | | |
|----------------|--------------------|
| ■ Valued | ■ Respected |
| ■ Safe | ■ Encouraged |
| ■ Significant | ■ Useful |
| ■ Cared for | ■ Belong |
| ■ Seen | ■ Treated honestly |
| ■ Heard | ■ Treated fairly |
| ■ Accepted | ■ Trusted |
| ■ Appreciated | ■ Loved |
| ■ Acknowledged | ■ Held |

Satisfy Your Primary Needs

Whenever we feel angry (or hurt or afraid) we can be sure that a primary need is not being met either by ourselves or others.

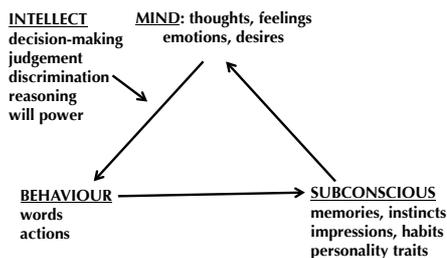
Mike Fisher, 'Beating Anger'

Step 3. Heal Our Heart (Into The Depth Of The Volcano)

Learning Outcomes

- An understanding of the part played by the intellect and conscious/sub-conscious mind in the anger process
- An understanding of the importance of using the intellect to change negative feelings and cycles of behaviour – thereby living more in the present
- Practical tools for letting go of past hurts and responding more positively to situations in the present

How The Mind Works



By using the intellect, I can gain the freedom to think, experience and express what I want to do, when I want.

Let Go

Letting go involves releasing the feelings connected with painful experiences from the past. We cannot change our past but we can learn from it, heal the pain, restore our peace of mind and move on.

Letting go requires courage, determination, persistence and patience based on a strong desire to live a more peaceful, happy, healthy and harmonious life.

Ways To Let Go

- Acknowledge and accept how you feel
- Look at the past with understanding
- Express/release your feelings in a positive way
- See the bigger picture
- Appreciate the lessons learned and the benefits gained
- Be compassionate, merciful, forgiving, loving and detached with yourself first and then others
- Remember angry people are always unhappy people

4. Awaken Our Spirit (The Heart Of The Matter)

AIM

- To provide an understanding of the importance of spiritual intelligence in overcoming anger

OUTCOMES

- An understanding of the true nature of the self as a spiritual being
- An understanding of the effects of the law of action/ reaction in managing anger
- A number of practical tools for empowering peace within the inner being

Spiritual Intelligence

Spiritual intelligence is based on the understanding that each human being is not just a body. There is a 'being' in the body referred to in a variety of ways e.g. soul, spirit, the higher self, consciousness, eternal energy. It is seen as the source of our conscience, will power, qualities, values and virtues - the body is the instrument/vehicle through which the being expresses itself.

Spirituality does not necessarily involve a belief in a particular religion or philosophy. It does involve recognising, appreciating, nurturing and empowering the inner being and looking beneath the surface of life for its deeper meaning and purpose.

The Qualities Of The Soul

- Human beings seek peace, love and happiness, reflecting the innate, natural good qualities and needs of their soul
- Anger is an acquired habit and as such it can be removed
- The more we tune into our original qualities, the less room there will be for anger
- We need to give ourselves the time and space to nurture our inner peace through contemplation, meditation, prayer, walks in the countryside, listening to music or whatever else makes us feel peaceful.

The Law of Action/Reaction

(a universal spiritual law sometimes known as the law of karma)

- I reap what I sow
- I get back (with equal force) what I give out

The Law of Entropy

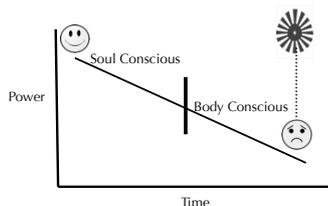
- Everything goes
- From new to old
 - From order to chaos

This law applies also to the inner being/soul which loses energy over time

Sensing how peaceful and loving we have been in the past, there is a deep desire within the soul to return to this natural and lovely state of being.

The Law of Entropy

- Everything goes from new to old
- From order to chaos
- This law applies also to the inner being/soul



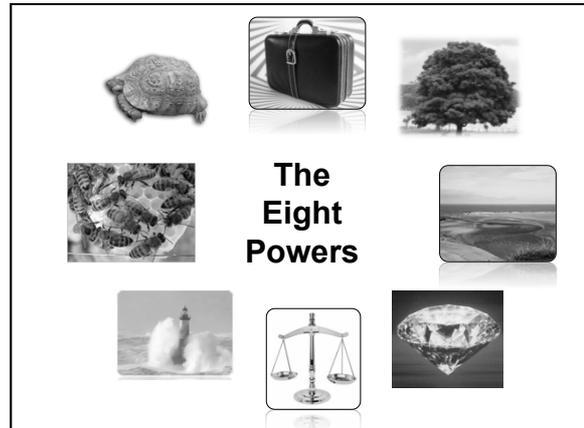
The Four Spiritual Diseases

(the ultimate causes of all anger)

- LUST**
Emotionally charged (addictive) thoughts, feelings and actions which satisfy the physical and emotional senses. An overwhelming craving for something external to my true identity
- GREED**
a desire to have more than is necessary whilst ignoring the need of others in any given situation

The Four Spiritual Diseases (continued)

- **ATTACHMENT**
Is present when I invest my identity/security in people, ideas and objects which become an extension of myself, resulting in feelings of insecurity, anxiety and fear.
- **EGO**
is a comparative state of being in which I focus on my own needs, feelings, desires, ideas and opinions to the detriment of other people, leading to feelings of inferiority or superiority.



The Power To Withdraw



is the ability to disengage from negative internal/external stimuli.

The Power To Pack Up



is the ability to stop wasteful thinking.

The Power To Tolerate



is the ability not to be affected by external and internal events and to respond to those events positively.

The Power To Accommodate



is the ability to expand and accept the presence, ideas and desires of others.

The Power To Discern



is the ability to perceive subtle differences and separate what is true from what is false.

The Power of Good Judgement



is the ability to assess the quality of choices, decisions and actions in the self and others

The Power To Face



is the ability to confront and resolve external and internal obstacles, tests and challenges.

The Power To Co-operate



is the ability to give attention, time, experience and wisdom in the service of others.

Virtues to Overcome Anger

Form of Anger

Solution

- | | |
|--------------|-----------------------------|
| • Ego | ✓ Self-respect and humility |
| • Anger | ✓ Peace |
| • Envy | ✓ Be your own friend |
| • Jealousy | ✓ Count your blessings |
| • Resentment | ✓ Understanding |
| • Hate | ✓ Forgiveness & Love |
| • Animosity | ✓ Appreciation |
| • Opposition | ✓ Co-operation |
| • Forceful | ✓ Acceptance |

Virtues to Overcome Anger

Form of Anger

Solution

- | | |
|--------------|---|
| • Dislike | ✓ See the person as a whole |
| • Fury | ✓ Patience |
| • Revenge | ✓ Let go |
| • Impulsive | ✓ Self control |
| • Sulking | ✓ Maturity |
| • Irritation | ✓ Flexibility |
| • Upset | ✓ Stability |
| • Grumbling | ✓ See the benefits of everything |
| • Off mood | ✓ Positive awareness |
| • Displeased | ✓ Understanding the significance of the situation |
| • Bossiness | ✓ Respect for the self and others |

From Anger To Peace

- I recognise and claim my own personal power
- I remember that I always have a choice in the way I handle anger
- I check and, if necessary, change my thoughts
- I respond rather than react
- I dis-identify from situations, circumstances and people to see things more objectively

From Anger To Peace (continued)

- I remember that whatever I give out will come back to me
- I develop my inner strengths and qualities and stay true to myself
- I breathe from the diaphragm to calm the body
- I remind myself that I am a peaceful being
- I take time out every day to empower myself

Om Shanti