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ANGER MANAGEMENT: TAKING CONTROL OF YOUR ANGER BEFORE IT CONTROLS YOU (PAPERBACK)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Among the first milestones in anger management classes is pinpointing what your anger triggers are. This simply means analyzing your day-to-day life, and check for conditions or features in people who may have you seeing red, sometimes on a fairly good day. As well as acknowledging you have anger management issues. Knowing specifically what triggers set you off are very important should you wish to explore ways to control yourself in certain situations. Everyone is built differently, and this means no two people have similar anger management problems or triggers. This is why experts discourage persons from following other individuals anger management plans instead of visiting classes by themselves. Especially when a close friend of yours has overcome his or her troubles by using a specific technique or routine, there is no guarantee a similar program will work for your needs. In most anger management classes, people are asked to divide their triggers into two classes; those he or she can control, and those which are out of their control. A common example of a trigger that is within one s control is, if you happen to be a perfectionist, and you simply react negatively if an assignment isn t going as intended. Other triggers like traffic and disasters are outside of a person s control, and must be controlled differently as well. The way you manage your anger is dependent upon whatever you do when you re angry. People who usually get physical when they re mad undertake hobbies and interests like boxing, remodeling and hunting. With these hobbies and interests, people are able to channel their anger, and also be productive along the way.



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