

7 PROVEN STEPS TO CONTROL YOUR ANGER



Over the years I have seen a total of 7-8 anger management counsellors. Without any shred of exaggeration, my experience with Alastair was by far the best.

Sonya-Past Client

ALASTAIR DUHS

Introduction:

Do you:

- **lose your temper** with others?
- **say things** in arguments that you regret later?
- **criticise** your partner, call him or her **names** or otherwise **diminish** him or her?
- feel **unable to control** how you react in situations?
- **worry** that your children are being affected by your anger?

If you have answered **"Yes"** to any of these questions, or if anger is an issue for you for any other reason, then this short ebook is for you. Learning to control your anger in any situation is a relatively simple process, and it is one that almost anyone should be able to do in just **30 days** (or less).

This is a big claim, so let me repeat it. No matter what your level of anger is, or how much anger has been a problem for you in the past, almost anyone should be able to learn how to control their anger in just **30 days** (or less).

In this ebook I will outline **7 proven steps to control your anger** that I have used with over **6,500 clients** to help them control their anger (and create calmer, happier and more respectful relationships).

If you would like help implementing these steps, contact me via my website, **AngerExpert.co.nz** or enrol in my comprehensive online anger management programme, the **Complete Anger Management System**. This programme will teach you how to:

- **stay calm** in any situation
- **defuse arguments** with your wife or husband before they start
- **avoid getting angry** by changing how you think in any situation
- **listen more effectively** to others and **express yourself** clearly and non-abusively, and
- **create a calm, happy and respectful relationship** with your husband, wife, children or anyone else in your life.

I look forward to hearing from you!



AngerExpert.co.nz

STEP 1

Understand Anger, Abuse and Violence

Some key things to understand about anger, abuse and violence:

Anger is:

- a **feeling** (or an **emotion**) that everybody experiences from time to time
- a **response** to **thinking** that we have been unfairly treated or disrespected, or that other people are doing something wrong.

Abuse is:

- an **action**
- **many types of abuse**-including verbal, emotional, psychological, physical and sexual abuse
- **verbal abuse** includes: shouting, criticising, name-calling, put downs, threats, blaming, undermining others
- **emotional abuse** includes: belittling someone, ridiculing someones beliefs, silent treatment, lying, intentionally embarrassing others, constant criticism, controlling who someone spends time with
- **psychological abuse** includes: mind games-saying something and doing something els, telling someone that s/he is crazy, withholding information, unpredictable mood swings
- **physical abuse** includes: pushing someone, breaking objects, punching someone, restraining someone unnecessarily, choking
- **sexual abuse** includes: forced or unwanted sex, engaging in guilt trips if your partner doesn't want sex, degrading your partner sexually, demanding your partner wear provocative clothing, comparing your partner to previous partners, cheating, refusing to engage in safe sex

Violence is:

- **the same as abuse** (violence includes including verbal violence, verbal violence, psychological violence, physical violence and sexual violence)



STEP 2

Learn the Tools to Control Your Anger

There are 4 key tools to help you control your anger in any situation.

These tools are **Early Warning Signs, Tension Scale, Self-Talk and Taking Time-Out.**

1) Early Warning Signs

Early warning signs are any sign (physical, action, thoughts or feelings) that indicate you are getting stressed, annoyed, frustrated or angry in a situation.

2) Tension Scale

The **Tension Scale** is a scale from 0 to 10 representing how tense or stressed you are in a given situation. Your Early Warning Signs indicate where you are on the Tension Scale.

3) Self-Talk

Self-talk can be **negative** or **positive**. **Negative self-talk** takes you **up** the Tension Scale- whereas **positive self-talk** takes you **down** the Tension Scale.

When you use **positive self-talk** it is useful to:

- **Stop** what you are doing
- Take some **deep breaths**
- **Think about the consequences** if you continue to go up the Tension Scale.

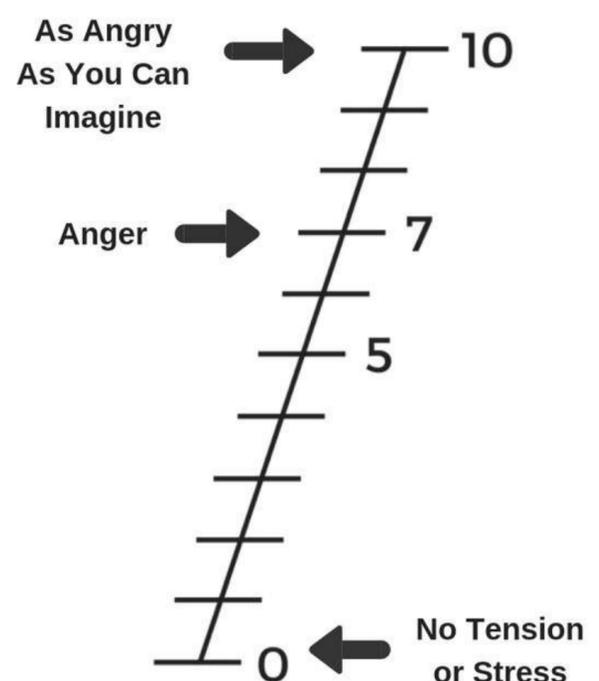
4) Time-Out

A Time-Out is where you leave a situation for an agreed period of time because your anger is getting out of control.

A Time-Out is **not**:

- an excuse to leave a situation because you are losing an argument
- an excuse to spend time with your friends or get drunk
- a solution to arguments in general or a way to resolve arguments

A Typical Tension Scale



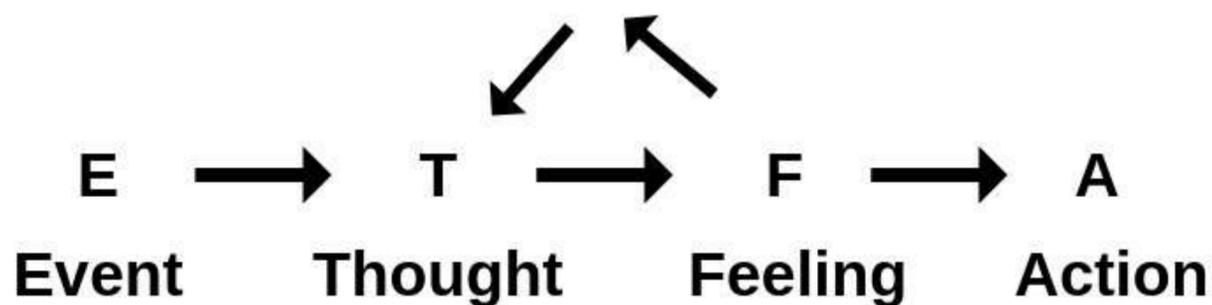
STEP 3

Understand The Real Cause Of Anger

The real cause of anger is not the events that happen to us, but the thoughts we have about these events.

This can be understood using the ETFA Model, developed by American Psychologist Albert Ellis in the 1950's.

The ETFA Model



According to ETFA model, **events** lead to **thoughts**, **thoughts** lead to **feelings**, **thoughts** and **feelings** then lead to **actions**.

A fundamental principle of anger management is:



"You can't change the events that happen to you in life. But you can change the thoughts you have about other people's actions. By changing your thoughts about these events you will change how you feel about the event. This also means that often you don't need to use your anger management tools, as you do not actually get angry in these situations."

STEP 4

Practice Useful Thoughts and Beliefs

Beliefs are any ideas or opinions that we think are true. We all have **many beliefs** about every situation that we get into. These beliefs often create our anger.

Instead of thinking whether a belief is true or not, it is more useful to think if the beliefs is *useful* or not in the situation you are in.

Common Beliefs That Lead To Anger:

- I am right and you are wrong
- Someone needs to be in charge
- I must take what other people say or do personally
- It's not OK to "Back Down"

What Is Rational Thinking?

Rational thinking is the ability to:

- consider **all aspects** of a situation
- arrive at **reasonable conclusions** about how to respond to situations, and
- think in ways that **help you achieve the goals** you have in any given situation, including staying **anger, abuse and violence free.**

Rational thinking leads to:

- calmer, more useful and more effective responses to situations.

"By learning to think in rational ways you are more likely to respond to situations without increasing your levels of tension or stress, going up the Tension Scale or becoming angry, abusive or violent."

STEP 5

Develop A Respectful Relationship

A respectful relationship is any relationship where both partners feel safe, equal, valued and accepted for who they are.

- **Any use** of abuse or violence in a relationship is likely to lead to victim of this abuse or violence feeling **scared** or **fearful**.
- It is **impossible** to create a respectful relationship if one person feels **afraid** of the other.
- If you have acted in abusive or violent ways in the past it is **essential** to understand that it may take a **long time** for your partner to fully trust that you will not act in this way again.

Ten Rules For Creating A Respectful Relationship:

- 1) Treat Your Partner As You Would Like He Or She To Treat You
- 2) Your Partners Thoughts, Feelings And Opinions Are As Important As Your Own
- 3) Make Time To Talk Regularly With Your Partner
- 4) Celebrate Your Relationship
- 5) Do Not Judge Your Partner-Instead Accept Him Or Her For Who He Or She Is
- 6) Do Not Express Anger Directly At Your Partner
- 7) Cherish Your Partner
- 8) Help Your Partner To Have His or Her Own Interests
- 9) Don't Try To Change Your Partner. Change Yourself Instead!
- 10) You And Your Partner Are a Team. Act In Supportive, Encouraging And Affirming Ways To Each Other

"Many couples can learn from the example of great teams. Reminding each other that you are on the same team is vital in developing a respectful relationship."



STEP

6

Practice Active Listening

“Effective listening is a skill that underpins all positive human relationships. Spend some time thinking about and developing your listening skills – they are the building blocks of success.”

-Sir Richard Branson

Active listening is:

“A way of listening to another person that involves fully focussing on what the other person is saying. This includes not only listening to the words that he or she is saying, but also understanding the hidden thoughts, feelings, expectations, values and yearnings “beneath” the words that they are saying.”

In a relationship **active listening** is one of the most powerful skills to:

- understand what is going on for your partner, and
- ensure that he or she feels fully heard by you, and
- avoid unnecessary disagreement, conflict and arguments

The four key skills of active listening are:

- Using minimal encouragers
- Asking questions
- Summarising (also known as “Reflecting”)
- Giving positive feedback



STEP 7

Communicate Clearly and Respectfully

Two key skills in communicating clearly and respectfully are:

- giving clear messages, and
- learning to negotiate well

What is a Clear Message?

"A clear message is a statement of your thoughts and feelings to another person that allows the other person to hear your message without feeling attacked or becoming defensive".

Clear messages are:

- non-blaming
- non-abusive
- include "I" statements
- simple and concise
- address one issue at a time, and
- require thought in advance

What is Negotiation?

"Negotiation is any process where two or more people try to settle their differences without argument or dispute."

In relationships, couples frequently negotiate over differences that they have. To negotiate successfully both people must be willing to discuss the issue with an open mind. Very often there will be solutions to the problem that neither party has thought of.

Important Negotiation Principle:

No single issue is as important as your overall goal of maintaining a calm, happy and respectful relationship. If one member of the couple "wins" the negotiation the other party has "lost" the negotiation, and the overall goal of maintaining a calm, happy and respectful relationship has been lost.

Conclusion

I hope you enjoyed this brief ebook: **7 Proven Steps To Control Your Anger**.

If any of this does not make sense, don't worry! Fully understanding these steps takes some time, but the **good news** is that **anyone** can do this. In fact, almost all of my clients are able to implement and practice these steps in just a **30 days** or less, meaning that they **control their anger in any situation** and **create calmer, happier and more respectful relationships**.

If you would like to do the same, please contact me **asap**.

I look forward to hearing from you!

Alastair Duhs



Alastair Duhs
AngerExpert.co.nz

I was skeptic doing an online course at first but basically from the first lesson on the lessons had me captivated and tied down to the screen - I really really enjoyed it, and have already found it has improved my life in many ways.

I think more people having easy access to a course like this would make the world a better place.

Phil, Complete Anger Management System Student