

**HOW TO CONTROL YOUR ANGER,
MASTER YOUR EMOTIONS AND
BECOME A CALMER PERSON**

ANGER MANAGEMENT

MADE SIMPLE



ALASTAIR DUHS

What Others Say

"Learning to manage my anger has been life-changing for me. I was in denial about so many things that were happening to me-especially my anger. Alastair has helped me realise that I did have a problem and has given me the tools not just to deal with my anger, but also to create a busy and happy relationship with my wife and children." (Tom S.)

"Thank you for teaching me to manage my anger. I can now communicate with my partner without being violent and am more open to others. I now think before I act and to listen to others more." (Michael H.)

"My name is Chris. I am 59 years old. My anger was out of control. My family was suffering, and I couldn't seem to fix my problem. Then Alastair came along with his book, "Anger Management Made Simple", and taught me how to control my anger. His clear explanation of what anger is, and his step-by-step process for managing it has changed my life. I am so grateful to him, and would recommend this book to anyone." (Chris T.)

"Anger Management Made Simple is excellent! It is helping me to improve myself in a whole lot of areas. I am much more aware of my interpersonal skills and how I react to people. I'm very grateful for this book." (Anna Z.)

"Alastair's advice on anger management is clear, concise and easy to understand. Reading this book was not only productive but very enjoyable. I've already started using the techniques in this book with my wife and kids, and there has been marked improvement. I highly recommend this book to anyone who is suffering from anger problems." (Izaak H.)

"This book is just fantastic! I wish I had read it 20 years ago!" (Tom K.)

Anger Management Made Simple

"This book is great! It's easy to read and doesn't sugarcoat anything. Alastair has a unique and succinct way of explaining how anger works and what causes it. His steps for controlling your anger are simple and easy to implement, and I'm already feeling calmer as a result. If you want an effective, no-nonsense approach to anger management, I would recommend you read this book." (Antoine M.)

"I have learnt many life changing things from this book. This stuff should be taught in schools!" (Michael S.)

"I really appreciate Alastair's 'Anger Management Made Simple'. It is a quick and easy read, but more importantly, it contains some straightforward solutions to anger management. This book is very effective, and I would recommend it to anyone who needs a real solution to their anger problems." (Simon C.)

"I chose this book because I felt I didn't have many options. The other anger management books available were either long, drawn-out dissertations or they seemed too good to be true. Alastair's book wasn't either of those things. It provided a real, practical way to manage my anger and I found it really easy to read. The fact that it cost only a few dollars was great too." (Billy U.)

"I found your book absolutely excellent and it was probably the most significant factor in saving my marriage." (Paul G)

"If anyone is wanting to change the way to manage their anger, I honestly think they should definitely take a plunge like I did. I just had to work on myself and I had to work on my anger. I'm very happy that I found the Anger Expert. I would definitely recommend this course to everybody." (Hannah T.)

"I have learned many great life techniques to control my anger and be a better person in general." (Luke S.)

Anger Management Made Simple

"Over the years, I believe that I have seen a total of 7-8 counsellors. Without any shred of exaggeration, my experience with Alastair was by far the best. He was extremely helpful and he really truly did change my situation at the time completely into a positive direction. I have recommended him to many people since. I will never forget what he did for me, and all I need to do is think about him and it renews my faith in people and that they can care and make a difference and things can change." (Sonya S.)

"Love the book." (Tom B.)

"Alastair's book was refreshingly simple. I found myself nodding my head in agreement with many of his points and techniques. He has a really simple way of explaining how angry works, and he gives a straightforward process for managing it. I would recommend this book to anyone looking for a simple, effective way to manage their anger." (Renee T.)

"I bought this book because I wanted to learn how to stop my anger issues with my children and wife. Alastair's book was so helpful because it explained exactly what I needed to do. The ideas are set out clearly and there is a step-by-step process to go with them, which makes everything very easy." (Frank T.)

"Anger Management Made Simple is a great read and it really resonated with me. Alastair's ideas are sensible and practical; they make sense when applied in day-to-day life. He doesn't focus on the theoretical, but rather on practical application of skills for managing anger in your life." (Laurie M.)

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Anger Management Made Simple: How To Control Your Anger, Master Your Emotions And Become A Calmer Person by Alastair Duhs

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Who Is This Book For?



Do you want to:

- control your anger?
- eliminate abusive or violent behaviour from your life?
- be a calmer and more understanding person?
- never lose your temper at your loved ones again?

If you answered "**Yes**" to any of these questions, this book is for you.

The anger management tools in this book have changed the lives of literally thousands of men and women. They will change your life too.

On the other hand...

If you:

- blame other people for your anger
- want to stay an "angry person" for the rest of your life
- think that learning to control your anger will be hard, or
- are too scared to make real changes in your life

then this will probably **not** be the book for you.

My Promise To You



I know:

- you may be feeling guilty, ashamed or embarrassed by your anger
- you may feel like your whole life is falling apart, and
- admitting you have an anger problem has been one of the most challenging things you have ever done

But I also know that anger **does not** have to control your life.

You can:

- take control of your anger, instead of letting anger take control of you
- be the calm and understanding person you want to be, and
- banish anger from your life for good

I also know that you have probably tried to control your anger in the past, but failed. Perhaps you did not seek help from the right person, or that the help you received was not the right help.

You want tools to control anger that are effective, easy to learn and that work in the real world.

You can't afford to spend time on anger management programs that do not work. That's why I want to you a heartfelt promise.

Anger Management Made Simple

This anger management book is laid out in a simple, easy-to-follow format.

There are many anger management tips and anger management techniques scattered throughout the book.

I promise that if you spend just half an hour of your time reading this book, then by the time you finish this book, you will know how to control anger and anger-related behaviours completely and for good.

I know this sounds like a bold claim, but after teaching over 15,000 men and women to control their anger, I know you can control your anger far faster and more effectively than you may think possible.

Ready to get started?

Let me begin by telling you a bit more about myself.

Who Am I?



My name is Alastair Duhs. Many people call me "the Anger Expert".

Over the last 30 years, I have:

- taught over 15,000 men and women how to control their anger, no matter who they are or what anger issues they may be facing
- taught celebrities, professional people, labourers, teachers, office workers and people from all walks of life to control their anger and live calmer, happier and more loving lives, and
- conducted face-to-face and online anger management coaching sessions with men and women from over 30 countries, including the United States, The United Kingdom, Australia, New Zealand, China, Singapore, Germany and Japan.

In this time I have seen anger do some truly awful things to people's lives.

I have seen anger destroy relationships, tear families apart and cause a great deal of anger and heartache in the lives of people who do not know how to control anger.

I have seen anger change kind, loving people into angry, verbally abusive people.

Anger Management Made Simple

I have seen anger destroy relationships, families, careers and even lives.

But anger does not have to control your life.

As an anger management coach, my mission is simple:

To show you how anger works and teach you anger management tools so you can control anger in your life for good.

After teaching anger management to thousands of people, I believe with all my heart that learning to control your anger is not hard.

It may take a little time to master the tools that I teach in this book. However, once you do, most people can apply these tools in just a few weeks (or less).

If you are still struggling with how to control your anger after reading this book, reach out to me. I am here to help. You can contact me via my website:

angerexpert.co.nz

Chapter 1: What Is Anger, Abuse And Violence?



John sits in my office.

Recently John had come home late from after-work drinks.

John said to me:

"I knew my wife Tania would be angry when I came home. When I walked in the door, I could tell she was mad. I could see it in her eyes. I tried to talk to Tania, but she wouldn't listen."

"That's when Tania started yelling at me. I wanted her to stop, but she wouldn't. I got angry as well. I tried to control myself, but I couldn't. That's when I grabbed Tania by the shoulders. I was furious. I pushed Tania against a wall and punched the wall next to her face. I then grabbed my car keys and left."

After John finished talking, I asked him if he thought he had been violent towards Tania.

John thought for a second.

"I know what I did was wrong", John said. "But I didn't hit Tania. I'm not violent".

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Is John correct?

Take a few moments to think about this question. Is John violent? Or would you agree with him that he is not?

In Box 1.1, I have left space to write your answer to this question down.

Once you have written down your answer, write down the reason for your answer.

Box 1: Is John Violent?

My Answer: Yes / No / Maybe

The Reason For My Answer Is:

What Is Anger?

When working with John, I asked him what he thought anger was.

John answered the same way that many people do-namely he said that anger is:

- frustration
- rage
- an emotion or a feeling
- shouting at someone
- hitting someone
- being out of control

Take a look at John's answers.

Are any of John's answers correct?

Take a few minutes to think about this for yourself. What would you say anger is? Would you agree with any of the answers given above? Would you disagree?

Defining Anger



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Although anger can be challenging to define, the definition of anger I use the most is:

"Anger is an intense emotional response. It is an emotion that involves a strong uncomfortable and emotional response to a perceived provocation, hurt or threat."

Let's look at each part of this definition.

Part 1: Anger is an intense emotional response.

There are two things to notice about this sentence.

1) Anger is intense.

If you are reading this book, you already know this. At times, it may seem that your anger builds up until it takes control of you. Your anger may be so powerful that you may not notice this happening until it is too late. Like John, you may react to your partner before knowing what is going on.

2) Anger is an emotional response.

Whatever anger is, anger is an emotion. While this may seem obvious, many people do not think about this critical aspect of anger.

To understand this more, look at the answers to "What is anger?" that I have given above.

Three of these answers (namely shouting at someone, hitting someone and losing control of your actions) are actions-not feelings.

You may shout at someone when you are angry-but shouting at someone is an action you take when you are angry-it is not anger itself.

The same is true for hitting someone or losing control of your actions.

I will return to this point later in this chapter, but it is important to emphasise it now.

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Anger is an emotion.

In this book, you will learn the tools to control your anger. However, it is essential to remember that anger is an emotion. Like all emotions, with time, it will change.

Part 2: Anger is an emotion that involves a strong uncomfortable and emotional response to a perceived provocation, hurt or threat.

The second part of my definition of anger states that:

"Anger is a strong uncomfortable and emotional response to a perceived provocation, hurt or threat."

The most important word in this definition is the word "**perceived**".

Anger is not a response to an actual provocation, hurt or threat, but instead to something you perceive as a provocation, hurt or threat.

To help understand this, think about a time your partner called you "lazy", "useless", or "stupid".

If you perceive these comments as a personal attack, you are likely to respond to your partner with anger (by defending yourself or calling your partner names).

However, there are many other ways you can perceive your partner's words.

For example, you could think that your partner must be feeling hurt or upset by something you have done (or not done).

If you think about your partner's comments in this way, you are more likely to respond to your partner with empathy or understanding.

For example, instead of reacting with anger, you could ask your partner, "Have I done something to upset you?".

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Your partner will then be more likely to explain what is going on for them- helping you avoid the argument that may have happened if you responded defensively.

The point of this example is that:

Your anger is not a response to your partner's words, it is a response to how you perceive your partner's words.

By changing your perception of why your partner is acting the way they are, you can change how you feel about your partner's actions (and how you respond to them).

Summary: What Is Anger?

- Anger is an emotion
- Anger is a response to a perceived provocation, hurt or threat
- It is not the events that happen to you that create your anger, it is your perception of the events that happen to you that create your anger.

What Is Abuse?

Some of the most common answers I receive to the question "What is Abuse?" include:

- shouting at someone
- hitting someone
- causing someone harm
- anger
- justified in some situations
- hating someone

Take a look at these answers.

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Are any of these answers correct? If so, which ones? And if you agree with any of these answers, why do you agree?

Defining Abuse

Wikipedia (Jan 2022) defines abuse as:

"Abuse is the improper usage or treatment of a thing, often to unfairly or improperly gain benefit. Abuse can come in many forms, such as: physical or verbal maltreatment, injury, assault, violation, rape, unjust practices, crimes, or other types of aggression."

While this is a good definition of abuse, there is another way to define what abuse is.

I tell men and women that I work with that:

"Whatever abuse is, abuse is an action".

This makes it different from anger-which is an emotion.

So the first distinction between anger and abuse is that:

Anger is an emotion, whereas abuse is an action.

Let's check you understand this. Returning to the common answers to the "What is Abuse?" above, you will see that only three of these answers are actions. These are:

- shouting at someone
- hitting someone, and
- causing someone harm.

Types Of Abuse:

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Once you understand that abuse is an action, a natural question to ask is: What types of actions are abusive?.

After all, not all actions are abusive.

To answer this question, it is helpful to focus on five types of abuse. There are many more types of abuse than this, but the following five types of abuse are most common in relationships.

These types of abuse are:

- verbal abuse
- emotional abuse
- psychological abuse
- physical abuse and
- sexual abuse.

Verbal Abuse:

Verbal abuse is perhaps the most common type of abuse.

Verbal abuse includes any statement that degrades another person, puts them down or attempts to control someone.

Examples of verbal abuse include:

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- name-calling
- blaming someone for something they have not done
- criticising someone
- undermining another person, or
- threatening someone

Emotional Abuse:

Emotional abuse is an attempt to make someone feel bad or hurt them in any non-physical way.

Examples of emotional abuse include:

- ridiculing a person or their beliefs
- constantly criticising someone
- ignoring or excluding a person
- humiliating someone
- using "silent treatment" or refusing to communicate

Psychological Abuse:

Psychological abuse is any attempt to manipulate the thinking of another person.

Some common examples of psychological abuse include:

- lying
- deliberately deceiving another person
- telling someone that they are crazy
- withholding information from another person, and
- engaging in unpredictable mood swings

Physical Abuse:

Physical abuse includes any attempt to hurt someone physically or damage their possessions.

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Examples of physical abuse include:

- pushing your partner
- breaking objects or furniture
- throwing objects at or near your partner to scare them
- slapping your partner, and
- strangling your partner

Sexual Abuse:

In a relationship, sexual abuse is an attempt to pressure your partner to engage in sexual actions against their will.

Examples of sexual abuse include:

- pressuring your partner to wear provocative clothing
- making your partner watch pornography
- having unprotected sex with your partner
- making your partner have sex in ways that they do not want to, or
- getting angry if your partner does not have sex with you

Summary: What Is Abuse?

- abuse is an action
- there are five main types of abuse, namely verbal abuse, emotional abuse, psychological abuse, physical abuse and sexual abuse

What Is Violence?

The usual definition for violence I give is:

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"Violence is the improper usage or treatment of a thing, often to unfairly or improperly gain benefit. Violence can come in many forms, such as: physical or verbal maltreatment, injury, assault, violation, rape, unjust practices, crimes, or other types of aggression."

Have a look at this definition closely. You may notice that you have seen it before.

If you noticed this, well done! This definition of violence is the same as Wikipedia's definition for abuse that I gave earlier.

In other words, there is no difference between abuse and violence.

Despite what some people think, abuse and violence are the same things.

This means that if you have been abusive to your partner in any way (such as by yelling at them, swearing at them, threatening your partner, putting your partner down and so forth), then you have been violent.

Many people do not like this statement.

They are like John, who you met at the start of this chapter. John was ready to admit that he had an anger issue, but was not ready to admit that he had been violent to her.

Why Are Abuse and Violence the Same Thing?



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Many people I meet who struggle with anger have had upbringings where one (or both) of their parents were abusive or violent to them.

Sometimes these people may remember their parents shouting at them, belittling them or putting them down. At times, they may also have been subject to physical violence from one or both of their parents.

As I discuss this with the people I work with, I often ask which was worse—the emotional or physical abuse they were subject to?

Almost always, the answer is emotional abuse.

Trevor, a man I worked with recently, said this very clearly:

"I didn't mind my father physically hurting me when he used to beat me. But I couldn't stand the look in my father's eyes when he did this. It was a look of contempt, as if he couldn't believe that I had been so stupid. I felt like such a disappointment to him when we looked at me like that. I have never recovered from that."

Stacey, a 58-year-old woman who had recently escaped an abusive relationship, shared her experiences of the effects of emotional and physical abuse:

"Michael would hit me when we argued. After a while, I could cope with that. I even expected it. But I couldn't cope with how cruel Michael could be to me. He often called me a "fat slut" and a "useless whore" in front of others. That hurt the most."

Trevor's and Stacey's stories are common.

Verbal abuse, emotional abuse, psychological abuse and sexual abuse can hurt more than physical violence.

For this reason, abuse and violence are the same.

If you have engaged in any form of abuse towards another person, then you have engaged in violence towards them.

Summary: What Is Violence?

- violence is an action
- there is no difference between abuse and violence, and
- if you have engaged in any form of abuse towards another person, then you have engaged in violence towards them.

Chapter 2: How Angry Are You?

You should now understand what anger, abuse, and violence are.

It is time, however, to answer a hard question. This question is:

How angry are you?

I have developed a short test to help you answer this question.

This quiz consists of 10 questions that will help you assess whether you have an anger problem.

At the end of this test, I will assess your level of anger. I will also share with you some options to help you can address this anger if it is an issue for you.

Please note that few people are entirely free of anger in their lives.

To take this test visit: angerexpert.co.nz/anger-test

Chapter 3: Early Warning Signs of Anger



Over the last 30 years I have taught over 10,000 men and women how to control their anger, master their emotions and become calmer people.

One such man is Peter.

Peter is a successful 53-year-old boat builder. Several days ago, Peter's marriage to Jane broke down because of Peter's issues with anger.

Peter is distraught about this. Entering my office quietly, Peter breaks down in tears within a few minutes.

"I would do anything to control my temper", Peter says, "if only I knew what to do!".

As Peter looks to me for help, I tell him that there is one critical key to anger management.

This key is **awareness**.

What Is Awareness?



Awareness is the ability to tell when you are becoming tense, frustrated or angry.

The key to learning to control your anger is awareness.

Often I explain this concept in this way:

If you are not aware of how you feel in a situation, you cannot change how you act.

However, if you are aware of how you feel in a situation, you can change how you act.

These statements are so important, let's repeat them once more:

If you are not aware of how you feel in a situation, you cannot change how you act.

However, if you are aware of how you feel in a situation, you can change how you act.

The main question people usually ask at this point is:

"If the key to anger management is awareness, how can I be aware when I am getting angry?"

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The answer to this question lies in a concept known as the **Early Warning Signs of Anger**.

The Early Warning Signs of Anger

Your Early Warning Signs of Anger are the signs that you are becoming tense, frustrated or angry.

Let's return to Peter, for example.

"When I argue with Jane," Peter said, "it usually starts with Jane criticising me. She might say that I'm lazy around the house or that I don't spend enough time with the children."

"When Jane says this, I think she is judging me" Peter continued. "So I get defensive. My heart beats faster. I get fidgety. I think bad things about Jane. Sometimes I call her names. I know I shouldn't, but I do. And when I do that, we usually end up in a massive argument!".

Peter is describing his Early Warning Signs of Anger. These are the signs that he is becoming tense, frustrated or angry.

Recognising your Early Warning Signs of Anger is a key step in learning to control your anger, master your emotions and become a calmer and more understanding person.

Although everyone has different Early Warning Signs of Anger, these Early Warning Signs will always fit into one of four categories.

These categories are:

- physical sensations
- actions
- thoughts, and
- feelings.

Let's look at each of these categories:

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Physical Sensations:

Your physical Early Warning Signs of Anger are changes in your body that occur as you become tense, stressed or angry.

In Peter's case, Peter's heart beats faster as he argues with Jane.

Some other common physical Early Warning Signs of Anger include:

- feeling hot
- tension in your chest
- tension in your shoulders
- your stomach feeling "queasy"
- tension in your jaw



Becoming aware of your physical Early Warning Signs of Anger is vital to recognising when you are becoming tense, frustrated or angry.

The following questions may help you identify your physical Early Warning Signs of Anger.

-What sensations in your body do you notice when you are tense, frustrated or angry? Do you feel hot? Do you feel tension in your body? Does your heart beat faster?

Write the physical sensations you experience as you become tense, frustrated or angry in Box 3.1.

Box 3.1: My physical Early Warning Signs of Anger are:

Actions:

The second category of Early Warning Signs of Anger is actions.

Your action Early Warning Signs of Anger are your actions as you get tense, stressed or angry.

When Peters argues with Jane, for instance, he:

- gets fidgety, and
- calls her names.

These are Peter's action Early Warning Signs of Anger.

Some other common action Early Warning Signs of Anger include:

- raising your voice
- swearing
- staring at someone
- banging objects, or
- becoming quiet.

Becoming aware of your action Early Warning Signs of Anger is vital to recognising when you are becoming tense, frustrated or angry.

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The following questions may help you identify your action Early Warning Signs of Anger.

-How do you act when you are tense, frustrated or angry? Do you raise your voice? Does your body language change? Do you swear at your partner or call them names?

Write the actions you take as you get tense, frustrated or angry in Box 3.2.

Box 3.2: My action Early Warning Signs of Anger are:

Thoughts:

The third category of Early Warning Signs of Anger is thoughts.

Your thought Early Warning Signs of Anger are your thoughts as you get tense, stressed or angry.

When Peter starts to argue with Jane, for instance, he:

- thinks Jane is judging him, and
- thinks bad things about Jane.

Some other common thought Early Warning Signs of Anger include thinking:

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- "Why is this happening to me?"
- "How can they be so stupid?"
- "I don't believe this!", or
- "This isn't fair!".



Becoming aware of your thought Early Warning Signs of Anger is vital to recognising when you are becoming tense, frustrated or angry.

The following questions may help you identify your thought Early Warning Signs of Anger.

-What are some of your typical thoughts when you get tense, frustrated or angry? Do you criticise the other person in your head? Do you think "This is not fair!"? Do you call the other person names in your head?

Write your thoughts as you get tense, frustrated or angry in Box 3.3.

Box 3.3: My thought Early Warning Signs of Anger are:

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Feelings:

The final category of Early Warning Signs of Anger is feelings.

Your feeling Early Warning Signs of Anger are your feelings as you get tense, stressed or angry.

When Peter starts to argue with Jane, for instance, he feels

- defensive, and
- judged.

Some other common feeling Early Warning Signs of Anger include feeling:

- hurt
- disappointed
- let down, or
- powerless.

Becoming aware of your feeling Early Warning Signs of Anger is vital to recognising when you are becoming tense, frustrated or angry.

The following questions may help you identify your feeling Early Warning Signs of Anger.

-How do you feel when you get tense, frustrated or angry? Do you feel hurt? Let-down? Judged? Or some other feeling?

Write your feelings as you get tense, frustrated or angry in Box 3.4.

Box 3.4: My feeling Early Warning Signs of Anger are:

Chapter 4: The Tension Scale

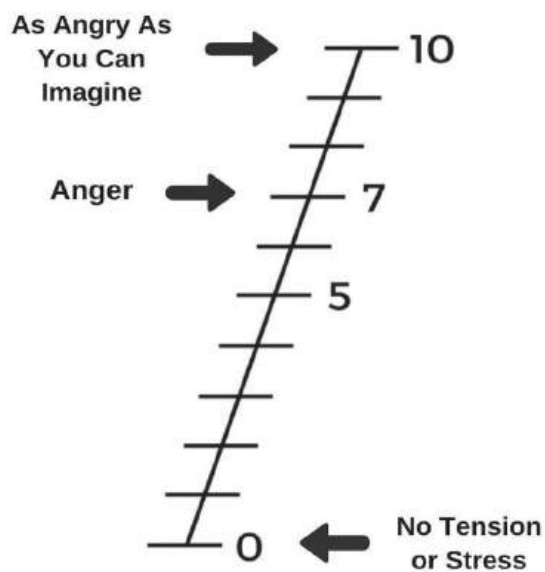
The Tension Scale is a scale that measures your level of tension or stress from 0 to 10.

Sound simple?

It is, but the Tension Scale is perhaps the most crucial anger management tool you will ever learn.

Figure 4.1 illustrates a typical Tension Scale.

Figure 4.1: The Tension Scale



On this Tension Scale, 0 indicates having no tension or stress whatsoever. In today's world, having no tension or stress is very unusual!

At the top of the Tension Scale, 10 indicates that you are as angry as you can ever imagine.

This is also very unusual.

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Your tension levels will go up and down during the day.

If you are running late for a meeting, for instance, your tension levels will rise. You then arrive at the meeting and realise that other people are also late, so your tension levels fall.

Later in the day, you get home from work. Your children are fighting. Your tension levels rise again. Soon, however, they settle down. Your tension levels fall again.

This process of rising and falling tension levels happens to us all.

While you should be able to keep your tension levels low in most situations, there may be some situations where your tension starts to get high. You may be arguing with your partner, for example. Even though you are trying to control your anger, what they are saying may make you mad.

In this situation, you may get to 7 on the Tension Scale. This is the anger point of the Tension Scale. If you get higher than 7 on the Tension Scale, you may become abusive or violent.

Using the Tension Scale to recognise that your levels of tension and stress are rising before your anger gets out of control is vital to stop your anger from getting out of control.

The Tension Scale-Basic Concepts

- The higher you get on the Tension Scale, the less clearly you think.
- Keeping your tension level down is essential in making good choices about how to react to situations.
- The sooner you recognise where you are on the Tension Scale, the easier it is to go down the Tension Scale.

Using The Tension Scale

The best way to recognise that your levels of tension and stress are rising is to use the Early Warnings Signs of Anger.

In the last chapter, you learned that your Early Warning Signs of Anger are the signs that you are becoming tense, frustrated or angry.

You also learned that there are four categories of Early Warning Signs of Anger, namely:

- physical sensations
- actions
- thoughts, and
- feelings.

It is now time to use these Early Warning Signs of Anger to recognise what level you are on the Tension Scale.

Let's do this by using Peter (who you first met in the last chapter) as an example.

Peter's Tension Scale:

Peter's Early Warning Signs included:

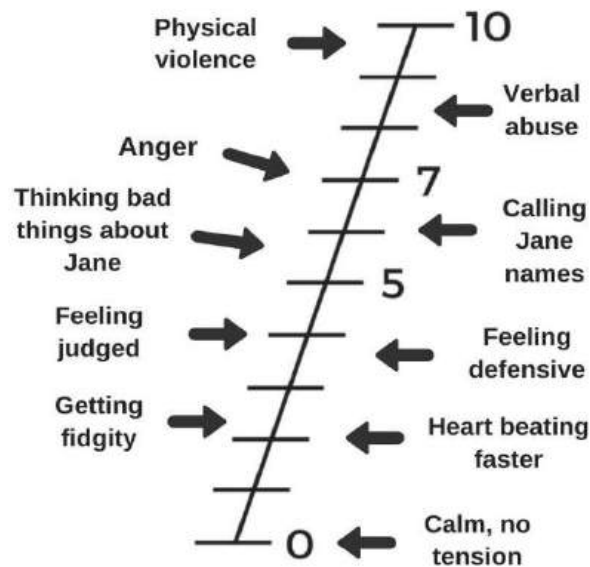
- heart beating faster
- getting fidgety
- calling Jane names
- thinking Jane is judging him
- thinking bad things about Jane
- feeling defensive
- feeling judged

As I worked with Peter, I explained the Tension Scale to him. I then asked Peter to plot his Early Warning Signs of Anger onto the Tension Scale.

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Figure 4.2 shows how Peter responded.

Figure 4.2: Peter's Tension Scale



Peter's Tension Scale is typical of many people-although you may experience different Early Warnings Signs of Anger at different points on your Tension Scale.

As you have learned, being aware that you are going up the Tension Scale is vital in controlling your anger. Remember that:

If you are not aware of how you are feeling in a situation, you cannot change how you act.

If you are aware of how you are feeling in a situation, you can change how you act.

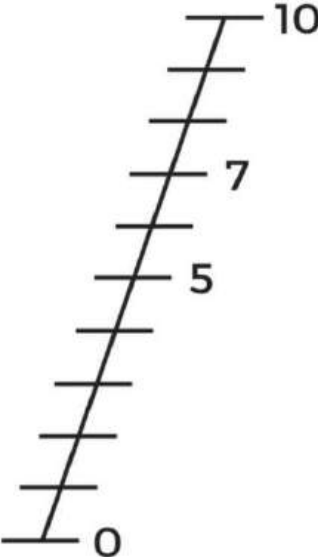
Your Tension Scale:

Now that you understand the Tension Scale, take a few minutes to plot your Early Warning Signs of Anger onto your Tension Scale.

In Fig 4.3 I have included a blank Tension Scale to help you do this.

Figure 4.3: My Tension Scale

(include as many of your Early Warning Signs of Anger as possible)



Chapter 5: Self-Talk



You may not be aware of it, but you experience self-talk all of the time.

Self-talk is the inner voice that you experience in your mind.

Right now, for instance, you may be thinking such as "This sounds interesting!" or "I don't know what you are talking about!".

These thoughts are examples of self-talk.

Self-talk is like an inner commentator that gives you a play-by-play description of every event in your life.

If your boss gives you a raise, for example, your inner commentator tells you that you should go out and celebrate. If you are late for work in the morning, the same inner commentator tells you that your boss might tell you off.

This stream of self-talk passes through your mind very quickly.

For example, imagine driving your car, and another driver cuts you off.

In this situation, you may think, "That driver is an idiot!" or "That was dangerous!" before you are even fully aware of what has happened.

Anger Management Made Simple

Although you are not always aware of your self-talk, it does affect you.

For example, if you think, "That driver is an idiot!" you will likely go up the Tension Scale. You may even become angry and shout at the other driver, make rude gestures or try to pull them over.

Self-talk goes through your head every moment of every day. It is impossible to stop.

To understand self-talk, it is helpful to divide it into two categories, namely:

- Negative self-talk and
- Positive self-talk.

Negative Self-Talk:

Negative Self-talk are any thoughts that take you up the Tension Scale.

Common examples of negative Self-talk include thoughts such as:

- "Here we go again"
- "You are being stupid!"
- "I can't stand this!", and
- "You are wrong!".

If you have anger problems, you probably experience negative self-talk more than most people.

To help you understand this, take a few minutes to do Exercise 5.1.

Exercise 5.1: Negative Self-Talk

Think of a recent situation where you became tense, frustrated or angry. Recall the negative self-talk that you were experiencing in this situation. For example, were you:

- thinking negative thoughts about the other person?
- thinking negative thoughts about the situation?
- thinking thoughts such as "I don't need this!" or
- swearing or name-calling in your head?

Write your negative self-talk in this situation down in the space below.

My Negative Self-Talk:

Positive Self-Talk

Positive Self-talk are any thoughts that take you down the Tension Scale.

Common examples of positive Self-talk include thoughts such as:

- "I need to think before I act"
- "I can't control this situation, but I can control my anger"
- "If this person wants to get upset with me, that's their problem", or
- "Staying calm is more important than winning the argument".

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Changing your negative self-talk to positive self-talk is a vital skill to help you control your anger in any situation. To help you practice this, take a few minutes to do Exercise 5.2.

Exercise 5.2: Positive Self-Talk

Think about the situation you chose when you completed Exercise 5.1. You have already written down your negative self-talk in this situation.

Now think about how you could have changed your negative self-talk to positive self-talk.

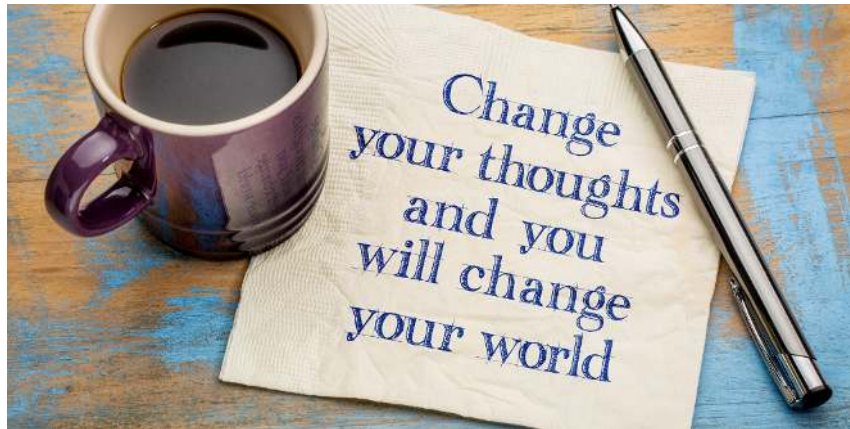
For example, instead of thinking, "This isn't right!" you could think "This is frustrating, but I can deal with it".

Or instead of thinking, "I can't stand this!" you could think "I'm feeling annoyed right now. I need to take a few deep breaths!".

In the space below, write down as many examples of positive self-talk that you could have used in this situation as you can think of.

Positive Self-Talk I could have used in this situation:

Changing Self-Talk:



In this chapter, you have learned:

- negative self-talk takes you up the Tension Scale, making it more likely you will become tense, frustrated, or angry and
- positive self-talk takes you down the Tension Scale, helping you respond to any situation calmly.

At this point, many people want to know **how** to change their negative self-talk to positive self-talk.

Luckily, there is a simple key to changing your negative self-talk to positive self-talk.

The key to changing negative self-talk to positive self-talk is awareness.

As you have learned, you cannot change anything that you are not aware of. This means that you cannot change your negative self-talk if you are not aware that you are engaging in negative self-talk.

The best way to become aware that you are engaging in negative self-talk is to use the Tension Scale. If you are going up the Tension Scale, you are engaging in negative self-talk.

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Once you are aware that you are engaging in negative self-talk, then it is time to make a choice about your thinking.

For example, you could think, "Do I want to keep using negative self-talk to fuel my angry or do I want to use positive self-talk to calm down?".

If you want to calm down, then choose an appropriate positive self-talk statement to help you do this, such as:

- "I don't need to react to this"
- "I need to stay calm"
- "If this person wants to lose their temper, that's their problem"
- "I don't have to be right all of the time"
- "I choose to stay calm even if this person is getting angry", or
- "If I get angry, there will be consequences."

Chapter 6: Time-Out



In the last three chapters, you have learned:

- what the Early Warning Signs of Anger are
- how to use the Tension Scale
- what Self-talk is, and
- how to use positive self-talk to stay calm in any situation.

While these are powerful anger management tools, it may still be challenging to control your anger in some situations.

In these situations, taking a "Time-Out" is an effective way to avoid reacting in angry, abusive or violent ways.

What is A Time-Out?

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

Although Time-Outs do not solve arguments, they prevent arguments from getting out of control.

Before using Time-Out effectively, it is essential to talk with your partner about Time-Out.

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During this discussion, you and your partner will need to decide:

- at what point on the Tension Scale you will take a Time-Out
- how long you will take Time-Out for, and
- where you will go during your Time-Out.

You also need to come back from your Time-Out in a calm state. At this time, you and your partner should decide whether to:

- continue talking about the issue that led to the argument
- come back to this issue later, or
- drop the issue entirely.

Time-Out: An Example



Ross and Stacey saw me recently for marriage counselling.

In our first session, Ross said that he had experienced issues with anger for several years. He said several months ago, he and Stacey had their worst argument ever.

In this argument, Ross verbally and emotionally abused Stacey. He also destroyed some of Stacey's belongings.

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After this argument, Ross was extremely remorseful. He immediately regretted his behaviour. He promised Stacey that he would never act this way again. Since that time, whenever Ross and Stacey start to argue, Ross leaves the house.

Ross calls this strategy "taking a Time-Out".

While Ross leaving during these arguments is better than becoming abusive or violent, Stacey has no idea where Ross is going or when he will be back.

Stacey said this leaves her feeling very anxious. She sometimes wonders if Ross has gone out drinking during his "Time-Out". Stacey is afraid that Ross will return home drunk, and an even worse argument may begin.

Stacey says that she doesn't like it with Ross takes a Time-Out for these reasons. She is left confused, frustrated and afraid. She would prefer it if Ross stayed during the argument so that they resolve the issue.

Ross's intention to use Time-Out is good. However, he is not using Time-Out well yet.

One problem with how Ross is using Time-Out is that Ross and Stacey have never sat down and discussed Time-Out together. Because of this, they have not worked out some fundamental aspects of taking a good Time-Out, such as where Ross will go, what he is going to do, and when he will come home.

After talking to Ross and Stacey together, I suggested having this discussion.

The following week they came back to see me. Ross said:

"Initially, I wanted to use Time-Out to walk to the park. I thought I could stay there for about an hour and then come home," Ross said. "But Stacey pointed out that it takes me longer than an hour to calm down. And she knows that my favourite pub was on the way to the park-so she didn't trust me not to start drinking there. So I agreed to walk to the park a different way. And instead of staying at the park for an hour, I agreed to wait for two hours before coming home".

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Ross use of Time-Out is now much better. If he needs to take a Time-Out Stacey knows:

- where he will be
- what he is doing, and
- when he will come home.

Ross also promised to use positive self-talk to calm himself down before coming home from a Time-Out. He understood how difficult it is for Stacey not to know what mood he is in after Time-Out and wanted to make Stacey feel as safe as possible in these situations.

How To Use Time-Out Effectively:



There are six steps to take Time-Out effectively. These are:

Step 1: Discuss Time-Out

If you want to use Time-Out to manage your anger, discuss Time-Out with your partner before you need to use it. This discussion should take place when you and your partner are both calm.

Make sure you agree on the following points:

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- at what point on the Tension Scale you will take a Time-Out
- where you will go during Time-Out
- what you will do during Time-Out, and
- when you will return from Time-Out.

Having these agreements in place before you take a Time-Out is vital to your partner understanding that Time-Out is a tool to help you go down the Tension Scale. You are not trying to avoid the argument or walking out.

You will also need to:

- be committed to coming back from the Time-out in a calm manner, and
- be ready to discuss the issue that led to the argument when you return from Time-Out.

Step 2: When To Take Time-Out

Take a Time-Out when you are getting high on the Tension Scale. This means when you get to 7 on the Tension Scale.

Monitoring your Early Warning Signs of Anger will tell you how high you are on the Tension Scale.

Step 3: What to Say

If you need to take a Time-Out, say this clearly to your partner. Keep your language simple and clear.

For example, say, "I'm getting high on the Tension Scale, I need to take a Time-Out".

When you let your partner know you need to take Time-Out, make sure you do not use harsh or inappropriate language.

Step 4: Leave the situation

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Once you say you need to take a Time-Out, leave the situation. Do not stay and continue to argue with your partner!

You have already agreed on where you will go. Your partner will also know when you are coming back. Your partner will gain confidence that you are truly trying to manage your anger by sticking to these agreements!

Step 5: Wait for the agreed time.

Come back from Time-Out at the agreed time. Even if you have calmed down before this time, stick to your agreement to come back at the agreed time, as your partner may also need time to calm down!

Step 6: When You Return

When you return from Time-Out discuss with your partner whether the issue that led to the argument is important or not.

If the issue is important, decide when to talking about it again. In my experience, couples usually need a day or two before talking about the same issue constructively.

You will also need to discuss how you can discuss this issue without getting into the same argument again.

At this point, think about the following questions:

- Do you need someone else present when you talk about this issue to keep you both calm?
- Do you need to get someone else's opinion on this topic?
- Should you both do more research before talking about the issue again?
- Does someone need to compromise?

Exercise 6.1: Your Personal Time-Out Plan

Planning a Time-Out is one of the keys to using Time-Out successfully.

The following questions will help you plan your Time-Out.

You may need to discuss these questions with your partner.

1. At what point on the Tension Scale will I take a Time-Out?
2. What will I say when I need to take a Time-Out?
3. Where will I go during a Time-Out?
4. How long will I take Time-Out for?
5. What positive self-talk will I use to calm myself down during a Time-Out?
6. How will my partner and I decide whether to talk about the issue (or not) when I come back?
7. How can I be sure that I am taking a genuine Time-Out (and not just walking out of an argument)?
8. What else do I need to remember to take Time-Out effectively?
9. Have I discussed Time-Out with my partner?

Chapter 7: Next Steps



Congratulations!

You have now learned the four tools to control your anger in any situation.

These tools are:

- recognising your Early Warning Signs of Anger
- using the Tension Scale
- using positive Self-Talk, and
- taking Time-Out.

Of course, there is more to anger management than this. However, when you grasp these four simple tools, you will be well on your way to controlling your anger in any situation!

Remember too that managing anger is a journey, and like any change it takes time and effort. But by consistently applying the techniques and strategies you've learned in this ebook, you can make significant progress towards a calmer, more balanced life.

However, to make faster and more effective progress on your anger management journey, you may want personalised guidance and support to overcome your anger issues.

Anger Management Made Simple

That's where I come in.

To further assist you on your anger management journey, I invite you to book a free 30-minute anger assessment call with me.

This personalised call will help you gain deeper insights into your specific anger issues. We will also work together to develop a tailored plan for managing your anger effectively.

To book your free anger assessment call with me, [click here](#) or visit **<https://angerexpert.co.nz/book-now-2/>**.

I look forward to talking with you soon.

<https://angerexpert.co.nz/book-now-2>

A handwritten signature in black ink that reads "Alastair Dubs". The signature is written in a cursive, flowing style.

Appendix 1: Does Anger Management Work?

Over the last 30 years, I have taught over 15,000 men and women to control their anger in any situation.

I have taught celebrities, professional people, labourers, teachers, office workers and people from all walks of life to control their anger and live calmer, happier and more loving lives.

From this experience, I can confidently say that anger management works. In fact, learning to control your anger is far simpler and easier than you may think!

In this appendix, I will share the stories of Jason, Lisa, Hannan and Arjun. These men and women are recent graduates of my online anger management programme called "**The Complete Anger Management System**".

By enrolling in The Complete Anger Management System, Jason, Lisa, Hannan, and Arjun have learned to control their anger, master their emotions and become calmer people. They also enjoy happier and more loving relationships with friends, family and loved ones.

Note: To see video testimonials from Jason, Lisa, Hannah and Arjun, as well as many other men and women I have taught to control their anger, visit:

<https://angerexpert.co.nz/client-feedback/>

Jason



"The Complete Anger Management System has changed my life."

Jason called me after an argument with his partner Fiona.

"I've been through a couple of failed marriages," Jason said, "Two of them. And most recently a testing time with my current partner, Fiona. She's a wonderful woman. We've been together for 18 months now, and I love her dearly. But there's anger in me that seems to come out of nowhere."

"I don't know what it is," he continued, "But anger builds up inside me, and I lash out. I really want to address this before it's too late!"

"I can teach you to control your anger," I said to Jason. "But **you** need to want to change. Are you ready to learn to control your anger, master your emotions and become a calmer person?"

"Yes," Jason replied. "I've tried to control my anger by going to see other counsellors as well as watching videos on Youtube, but nothing has helped. I need something that actually works!"

Jason enrolled in The Complete Anger Management System. A few weeks later, I spoke to Jason again. I started by asking him what his main learnings from The Complete Anger Management System were.

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"There have so many!" Jason said. "The Tension Scale was one of the first things that helped me. Just understanding that we are on a scale all through the day. And when things happen, they increase the needle on the Tension Scale."

"That for me was a big thing. I'm noticing now when I'm going up the Tension Scale. This tells me that it is a good time to step back, take a breather and relax."

"Another thing that I learned was that anger just does not work", Jason added. "It looks like anger is going to solve the problem, but anger never solves anything."

"Now, as opposed to getting angry, I try to understand the situation. I try to understand why the other person is doing or saying the things they are doing. This puts me in a different frame of mind which has just been really good."

Jason had not had any arguments with Fiona since enrolling in the Complete Anger Management System. I asked Jason if learning to control his anger had been hard.

"I have to be honest," Jason said, "I've found it far easier than I thought I would. Being able to go through your course and digest it at my own pace has been great. After watching each video, I set time aside to think about it. This helps me learn what you are teaching. Learning to control my anger has been surprisingly easy."

"I now know that I will never be that angry person I was again", Jason continued. "And I say knowing because that's how I feel. I know I've got the tools and the knowledge to anger. It feels amazing."

"The Complete Anger Management System has changed my life," Jason said. "And, and I feel very indebted to you, Alastair. It has been a great course. And, and I do hand on heart think that it has permanently changed my life."

To view Jason's video testimonial, visit angerexpert.co.nz/jason/.

Lisa



"It's the best investment I've made in my life."

Lisa's anger was getting out of control.

"I've been getting angry with people around me every day or two," Lisa told me. "I always feel terrible after it. I'm always apologising, but the anger comes back again soon."

"I know anger isn't good for me or my relationships. But I also know anger isn't going to stop. I need to get control of my anger before I lose everyone I care about."

Lisa stumbled across The Complete Anger Management System.

"One morning, I got to a breaking point," Lisa said. "It was 3 am. And I was like, I'm sick of this anger. I need to do something right now. Your course was the first one I found online. And I thought, you know, if this guy thinks he can help me, then I'm willing to spend the money to change myself."

Four weeks after Lisa enrolled in the Complete Anger Management System, I asked her what she had learned.

"The first thing I learned," Lisa said, "was what my Self-talk was doing to me. I didn't like the way I was speaking to myself. I didn't like the way I was speaking to others. I was judgmental and rude and had a very short fuse."

Anger Management Made Simple

"I've learned so much from this course", Lisa continued. "For that, I'm very thankful. I have been able to change my life. I now think about myself differently. I think about the anger situations differently."

"I've learned that anger is never the right response. There's always a way to get around a problem without anger. There's empathy. There's kindness. There's listening. There's thoughtfulness. There's mindfulness. Anger doesn't need to be a tool that I use."

"The last four weeks have been amazing," Lisa continued. "I'm a happier person today than I was a month ago. It's not just that my anger is under control. It's that my anger is gone completely."

Finally, I asked Lisa what she would say to someone thinking about enrolling in the Complete Anger Management System.

"I'd tell them to buy it. It's the best investment I've made in my life. When I bought it, it was the absolute last of my money. I was at rock bottom, and I had nothing to my name. But I knew something had to change. I spent the money, and I'm a much better person for it now."

To view Lisa's video testimonial, visit:

angerexpert.co.nz/testimonial-lisa/.

Arjun



"I don't get angry now. I can control anger when I feel it. If anger comes, I know how to find a solution."

Arjun recently had a physically abusive argument with his partner Nila.

"One day, I just lost it. Nila had been going through my phone because she thought I was cheating on her. It wasn't true, but I got so angry that I grabbed her and pushed her against a wall".

"I felt like such a bad person. I was shaking, and I felt like the anger had taken over me. I knew that what happened wasn't right, but I couldn't stop myself."

A few weeks after enrolling in the Complete Anger Management System, Arjun said to me:

"The first thing that impacted me was the lesson on "What is anger, abuse and violence?". After watching this lesson, I realised that this was not the first time I had abused Nila."

"I had never pushed Nila before", Arjun continued, "but my anger had made me say hurtful things to her before. I realised that this was abuse too."

Enrolling in the Complete Anger Management System changed Arjun forever.

Anger Management Made Simple

"The Complete Anger Management System is absolutely amazing," Arjun said. "It teaches you everything you need to know about anger, and it is so easy to follow."

"Because it's online, you can watch on your phone or tablet whenever you want. That's what I did, and it helped a lot."

What results did Arjun get from the Complete Anger Management System?

"I'm a much happier person now," Arjun said.

"I feel as if there is a different person inside of me. I don't get angry now. I can control anger when I feel it. If anger comes, I know how to find a solution."

To view Arjun's video testimonial, visit angerexpert.co.nz/testimonial-arjun/.

Hannah



"I haven't lost it with my anger since I began The Complete Anger Management System."

Hannah is a mother of two young children.

Hannah struggled to control her temper with her children since they were babies. Although she had never hit her children, she frequently shouted, swore or screamed at them.

Hannah knew that she needed to change.

"We copy what our parents go through," Hannah said. "My father was a very angry man. I could see that I was copying his behaviour. I knew my anger was hurting my children. I knew I had to do something about it."

Hannah searched online for anger management solutions. When she found The Complete Anger Management System, it sounded perfect for her.

"I needed anger management that actually worked," Hannah said. "I've been to a few counsellors in the past. And it felt like no one was listening to me and that they just didn't really understand".

"I ended up leaving those anger management courses after a couple of sessions. I know I need to find someone who knew what they were doing!"

Anger Management Made Simple

Unlike the other courses Hannah had tried, she immediately got results from The Complete Anger Management System.

"I went through the first hour of The Complete Anger Management System, and the more I watched, the more I understood why I was getting angry. Just watching the first video made me think before I reacted. That's a big thing for me. I'm a person who has always reacted first."

Four weeks after enrolling in The Complete Anger Management System, Hannah told me:

"I haven't lost it with my anger since I began The Complete Anger Management System. If my children have done something wrong, I can now talk to them calmly. Before, I would just yell and scream and say things that I would regret later."

"I'm a lot calmer with my husband too. Before we would get into a lot of arguments. I used to blow up at absolutely like nothing. It would take nothing for me to suddenly blow up. But now I can be a grown-up and deal with these situations calmly."

"I'm very happy that I found The Complete Anger Management System", Hannah added. "I would definitely recommend it to everybody."

To view Hannah's video testimonial, visit angerexpert.co.nz/testimonial-hannah/.

Want Help To Control Your Anger?



If you would like to control your anger, master your emotions and become a calmer person, I am happy to help you!

Here's what to do:

[Click here to book a free 30-minute anger assessment call with me.](#)

This personalised call will help you gain deeper insights into your specific anger issues. We will also work together to develop a tailored plan for managing your anger effectively.

To book your free anger assessment call with me, [click here](#) or visit <https://angerexpert.co.nz/book-now-2/>

I look forward to talking with you soon.

Alastair Dubs

About Alastair Duhs



Over the last 30 years, Alastair has taught over 15,000 men and women to control their anger.

Known as "the Anger Expert", Alastair has run anger management courses and coaching sessions in over 30 countries, including the United States, The United Kingdom, Australia, New Zealand, China, Singapore, Germany and Japan.

As an anger management coach, Alastair's mission is simple:

To show people all around the world how anger works and how to control anger for good.

After teaching anger management to thousands of people, Alastair believes that learning to control your anger is not hard.

In Alastair's words:

"Learning to control your anger should be easy. With the right tools and ideas, anyone should be able to control their anger in just a few weeks or less."

In addition to being a leading world-wide anger expert, Alastair is a keen amateur astronomer, chess player and triathlete.

Anger Management Made Simple

In the last 15 years, Alastair has completed 5 Ironman triathlon events and over 21 half-Ironman triathlon events. He also regularly kayaks with whales and dolphins off the South Island of New Zealand.

To contact Alastair, visit:

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