

RAGECONTROL

**How To Break Bad Habits by Developing
Your Mental Strength**



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Foreword

***We all understand what anger is, and we've all experienced it:
whether as a fleeting annoyance or as full-fledged rage.***

***Anger is a totally normal, commonly healthy, human emotion.
But when it gets out of control and turns destructive, it may
lead to troubles—troubles at work, in your personal
relationships, and in the total quality of your life. And it may
make you feel as if you're at the mercy of an unpredictable and
mighty emotion. This book is meant to help you comprehend
and control rage.***

Stay Free Through Rage Control!

Master your emotions and live a normal life!

Chapter 1:

Understanding Rage

Synopsis

Anger/rage is technically not an emotion; rather it's a protective reaction to a sensed fear or threat. Let me state that again: rage isn't truly an emotion; it's a protective reaction to a sensed hurt or threat.

Consider it; have you ever gotten mad about something that on some level didn't feel threatening to you? Somebody cuts you off, somebody tells you to do something you don't wish to do, a loved one sounds out or does something that feels controlling or simply plain mean. All of these situations may be felt as threatening. And when threatened, our inherent aptitude is to protect ourselves or something really bad may happen to us.

That's where anger, rage and aggression come in.

Know The Basics

Once we think of anger we commonly think of the actions we see on the surface - for instance, your body tenses, you may shout, throw things or get violent. All the same, this is really more of a definition of rage than anger.

Anger and rage is not the same thing. You are able to be angry without being in a rage. Reviewing your own experiences you'll without doubt discover times where you got angry and dealt with it in an unaggressive way (e.g. Refusing the urge to hit your boss as you'd lose your job).

Anger is an emotion that's normal to all of us. Commonly, it's an alarm that something is wrong. Utilize that signal the correct way and it may be your friend. Utilize it the improper way and its trouble. It's good to release anger. It takes an tremendous amount of energy to hold rage inside and it may eventually lead to hypertension, diabetes, gastric reflux, heart condition, cancer and a whole cluster of additional things you likely don't wish to have.

Trust it or not, if you utilize anger properly, you might find that you have happier and fitter relationships. Positive utilization of anger may likewise build self-respect. If you're able to tell somebody your feelings rather than holding them inside (note - I said –tell-not –shout), you're saying to them and to yourself, –I'm a valuable individual and I expect to be addressed as such.

An illustration of a positive expression of anger may be that you've a friend that is perpetually late. This is really troubling to you, but you

do say anything? If you don't one of two matters will likely occur. You'll either stuff and stuff and stuff till you explode at her or you'll begin to become passive aggressive and start to make excuses to avoid her. Either way you might lose a friend.

On the other hand, If you're able to tell your friend that being tardy is hard for you and makes you feel insignificant, she might really listen, apologize, and start to arrive promptly. You might really wind up closer than you were to begin with.

The issue for many individuals in dealing with rage is that your habit (and its truly crucial to consider rage as a habit as that's all it truly is) is to drive right into the aggression acres. Your goal isn't to make anger disappear. Rather your goal here is to learn to deal with rage in different ways; ways that will leave you empowered rather than with the temporary fantasy of power that aggressiveness might give you.

The choice of how you respond to individuals or situations lies inside you . If your rage really was effective individuals or situations would change and we wouldn't keep becoming irritated at them. You can't control others, the only thing that you are able to control is how you deal with and express your rage.

In my experience, rage is almost like an addiction in that individuals are really creative in discovering all sorts of rationales for their rage. From time to time it's almost as though they're in denial. Part of the reason for this is that the way our conduct appears on the inside may look a whole lot different to somebody on the receiving end of things!

Chapter 2:

How Do You Deal With It

Synopsis

Rage comes in a lot of flavors. Individuals commonly fall into one of eight distinct styles of rage. Let's take a short look at each one. Look for the one that most suits you.

Which One Are You

Dr. Jeckyl and Mr. Hyde

Dr. Jeckyl and Mr. Hyde are commonly pretty relaxed individuals till something goes wrong, and then look out! They may go from zip to 60 in the flash of an eye. They have really depressed frustration tolerances and will take out their exasperation on whom or whatever is sensed to be inducing a hitch in their lives: be it colleagues, loved ones, traffic, a lift that's slow in arriving, you name it. Frequently, when they chill out they realize that they went overboard and will apologize to whoever got on the receiving end of the attack. This might work the first time or two, but individuals frequently become alienated when the same thing occurs again and again. Frequently, they'll see themselves as having a rage issue and vow to not react that way any longer, only to do so again and again. They frequently wish they could change, but feel themselves too weak to do so.

The Hider

Hiders internalize their rage and seethe in quiet. Frequently they'll play back a scene again and again in their minds telling themselves what they'd do otherwise if given the opportunity. They might have a close acquaintance or spouse to whom they sound off to, but it's extraordinarily uncommon that they have a real outward expression of rage. When they do convey their anger, it's often to the extreme, as all the repressed frustration comes bursting out of them.

The Chooser

Choosers are like to Hiders in that they don't express their rage toward the individual or the situation that really caused them upset. Rather, they determine a reason to become sore at somebody or something else (commonly somebody to whom they don't feel threatened by). For instance, they might get riled by his or her boss, but rather than expressing it toward the boss s/he might head home and shout at the youngsters for some petty reason.

The Cactus

The Cactus is perpetually crabby. They're really good at complaining about issues, but not so great at doing anything to alter their situation. They forever have a complaint about something - their occupation, their relationship with their mate, the bleak deal life handed them, how easy other people have it compared to them, your hairdo, how you raise your youngsters - you name it and the Cactus will discover something amiss with it. The Cactus is frequently the most understood of the rage personalities as they frequently suffer from depression or an anxiety disorder. They often describe themselves as uncomfortable in their own skin. They frequently feel unvalued and unloved, which is frequently a precise assessment as their complaining makes it hard for those around them to have much understanding for them.

The Prosecutor

Prosecutors are recognized for winning the debate, but losing the war. That's because they'll question and question any sort of point that might disagree with theirs till they discover a flaw in their –adversaries logic. A Prosecutor will never quit and frequently simply wear their "adversary" down till he or she buckles under out of

pure exhaustion. Prosecutors might insist they're merely being logical and attempting to make a rational decision, but it may feel like anything but to be on the receiving end. They may frequently be sarcastic and cutting. They're arbitrary and frequently arrogant in tone.

The Frightener

Frighteners are individuals whose chief way of expressing themselves when enraged is through physical or emotional ill-treatment. Anger or rage is deemed an effective tool in acquiring what they wish. They frequently come from abusive or dispute ridden backgrounds in which rage was the chief way of resolving conflict. They might not really hit you, but they do scream, shout, throw things, hit walls, or slam doors all in an effort to fear to threaten and control the individual on the receiving end. They'll frequently ignore the needs or wishes of the victim. They might trust that their beliefs and decisions are more crucial than the victim's, even when the victim is amply capable of arriving at their own decisions about the matter.

The Turtle

The Turtle is an example of somebody whose response pattern is to stop dead or submit. Turtles respond to troublesome situations by closing. You've made a statement or asked a question to a Turtle and expect a fair and relevant reaction. What you get, though, is a yep. A nah, or possibly a grunt. Frequently you'll get zip. For some, unresponsiveness is a guarded way of addressing potentially painful interpersonal situations. Others utilize unresponsiveness as a sort of calculated hostility utilized to punish the victim.

The Sniper

Snipers, as the name connotes, appear to come out of nowhere and frequently leave the recipient little room in which to react. They hide behind such shifty strategies as crude comments, sarcastic humor, barbed tones, or a roll of the eyes. They may utilize confusion as a weapon, by making irrelevant comments that throw individuals off track and leave them looking dopey. This is frequently done in a jesting way to get others to go along with the revilements and join in on the abusive behavior. But the onslaught is accompanied, by gestural signals that state – make believe that what I’m doing is nice or indifferent, or that you don’t even hear me!