

## **MANAGING ANGER CAN BE CHALLENGING.**

Written by Sylvia Marina, Master Trainer and Personal Development Mentor.

**Managing anger can be very challenging** for people who find the society they are choosing to live in, frustrating.

When people state either silently to themselves or during confidential conversation that they have problems with impatience and frequently find themselves losing their temper with others, it is time to seek professional help.

Overly defensive people see threats just about everywhere. Excessive anxiety and stress activates the sympathetic nervous system. The excessive stimulation activates a 'learned reaction' that loved ones, family, friends and work colleagues often wonder if there is a way to unlearn this destructive aggression.

All learnt reaction can be un-learnt.

It simply necessitates identifying the time(s) when the pattern of behaviour began and change the behaviour at that level. The memory is sometimes stored in the cellular memory and often traced to genetic roots, from generations old. It is interesting to note the many times I have discovered that aggressive behaviour is linked to both ancestral (maternal and paternal) DNA.

### **"Harness the power of your inner mind to re-program aggressive reactions!"**

People who experience aggressive outbursts are actually searching for understanding, love and kindness and yet in part, their life is in famine, they fear loneliness and that's the very thing that happens to them because people want to protect themselves from aggression and create a distance (put a wall around their-self) for protection.

Now we have the aggressor with their wall (aggressive reaction) plus loved ones, family, friends and work colleagues with an emotional barrier of protection and the aggressor is forced into a difficult place that is hard to climb out of. It's lonely! The aggressor reacts even more!

The aggressor needs help to dissociate and develop an automatic response to react differently to events that formerly caused them to say/do things that they later regretted AND the people, loved ones, family, friends and work colleagues, requiring new trust skills so that they can take down their wall of reaction/protection too.

Life has choices! If it is time to diminish excessive reactivity we can help.

If you are the witness or the aggressor, antagonist or protagonist, we can help understand what is happening. You will be able to reduce both your emotional feelings and the physiological issues that cause anger so you'll be able to live your life without the fear of losing control.

Excessive thinking about a negative future state will cause You to be unhappy with life.

This can affect relationships, sleep patterns, health, and even your ability to function in your work environment.

When a person begins to understand what is internally happening and gain an ability to let go of intruding, illogical thoughts and behaviour, their focus will move from negative thoughts, fears and reactions to thoughtful, constructive, optimistic thinking. When thinking is in order, words and actions become positive and life for all takes on a new energy, a considerate energy of kindness and harmony!

If you truly want to change your world my friend, you must change your thinking; often the source of that thinking is well below the surface.

Our motto 'Helping People Through Times Of Change'. Our consultations and programs are designed to give you the skills to change your world, to a world of love, understanding, kindness, harmony and as you learn, understand and weave your own new tapestry of life you realise every positive action is another step on the 'self mastery' journey.

Sylvia Marina, Master Trainer and Personal Development Mentor.

HELPING PEOPLE THROUGH TIMES OF CHANGE.

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