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abcd30. Anger; three things to focus on

By Dr. Victor Jean Ouellette

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Three things about anger.

1. Anger makes you stupid. You will do dumb things when you are angry. Your IQ goes down, way down, so next time you are angry stop and calm yourself before making any decisions.

2. When someone says or dose something that makes you angry, respond with the I word or me word.

“That makes me feel.....”

“I am so.....”

3. Anger most often means fear. Find the fear and that likely will quell the anger. At the very least, while you are searching for the fear component you will have to opportunity to calm down and become less stupid.

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