

Mindfulness Based Anger Management

Mindfulness helps us free ourselves from habitual patterns of anger. By developing mindfulness we learn to take responsibility for our own thoughts and emotional reactions, where we can begin to stop blaming other people or situations for how we feel.

We all at some point project or externalise our angry thoughts. You know the scenario "I am angry because he/she did/said this/that." "I am angry because I lost my job due to Government cut backs." "I am angry because of the abuse I had to endure as a child." Or "I am angry because my wife had an affair."

There is no denying that each of these situations will cause pain, and yes life does produce some harsh conditions for us to face. Anger is a form of suffering, which we often continually reproduce, by our thoughts around a painful event. Many events will produce pain and it's perfectly understandable that we will get angry when certain things happen, but it is important to understand you are in control of your thoughts. *Thich Nhat Hanh Shares:*

When you have pain within you, the first thing to do is to bring the energy of mindfulness to embrace the pain, "I know that you are there, little anger, my old friend. Breathe – I am taking care of you now."

Through mindfulness we get to recognise and acknowledge our anger which is the first step to dealing with it. Mindfulness is a way of managing anger by being aware that it exists. Our next step is to be patient with our anger which really means to be tolerant of our emotions.

When you respond to your anger with care and attention instead of reacting to it with more anger, more thinking, more pain identification with your 'Brand' your 'Story', the anger will resolve itself. Mindfulness provides a space to connect to the energy of anger, it provides a way for us to release it at the experiential level, which is not the same, or anywhere near as damaging as losing control at an external level.

More often than not when we 'let rip' and vent our anger externally (to a person or object) we are just creating more of what we don't want by restricting resolution with our actions or outburst! Sadly, dis-ease and a lack of well-being are more likely to occur.

Try checking in every hour on your emotional state, for just 3 minutes, it can help you stop accumulating tension that can eventually lead to you blowing! I.e. cause you to become reactive with anger, irritation or rage as oppose to responding with calm or poise. Personal patience or tolerance will lead to patience and tolerance with others and act as a way to reconcile anger.

With mindfulness you are examining yourself to build 'self awareness' and diffuse 'self destruction'. Mindfulness actually works because you become an observer of your emotions and this helps you make choices about how you are going to express yourself. Here, by repeatedly 'checking in' on your thoughts and feelings, you begin to reprogram the brain and lay down new neuro-pathways to support happiness and well-being. Mindfulness helps you become the leader in your life where all your responses come from conscious awareness.

So mindfulness and meditation are effective ways of re-wiring your brain, training your brain through mindful awareness is really all about taking control of the direction of your life. In fact it's all about being the leader of your thoughts instead of your thoughts being the leader of you! I came across the following which I think illustrates this beautifully:

THOUGHTS CREATE OUR DESTINY

Watch your thoughts, they become your words
Watch your words, they become your actions
Watch your actions, they become your habits
Watch your habits, they become your character
Watch your character, it becomes your Destiny

Source unknown

Self compassion develops into a wider compassion that moves beyond are individual self into a kindness that seeks to help others and support sustainability for the world we live in as a whole. Mindfulness is often described as an ACT of SELF LOVE because it literally transforms our heart and therefore our DESTINY.

~ Our destiny changes with our thought; we shall become what we wish to become, do what we wish to do, when our habitual thought corresponds with our desire. ~

Orison Swett Marden

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