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1. Think before you speak. In the heat of the moment, it's easy to say something you'll later regret. Take a few moments...
2. Once you're calm, express your anger.

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Devote a few minutes, at least once a day, to thinking on how much your life would be better without anger. Think of various

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scenarios, where you usually become angry, and how your life be and how you would feel without it. 2. Every time you feel that anger is arising in you, take a few deep, slow breaths. 3.

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Try this: Sit up straight in your chair, or stand up. Loosen up clothing, especially if your stomach feels tight. Inhale through your nose. Exhale through your mouth. Put one hand on your abdominal area (over your belly). When you inhale, feel your hand expanding as air is filled up in your ...

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Physical activity like regular exercise is a way to both improve your mood and release tension and anger. Avoid using recreational drugs and drinking too much alcohol, which can make you less able...

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Anger is an attack on the other person, because you feel so upset inside. True authenticity would be expressing the hurt

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or fear that's giving rise to the anger which you might do with a ...

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Understanding and applying these truths to your own life will help you overcome sinful anger and see sustained fruit. 1.

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Anger Has Three Faces: It is expressed primarily in three different ways: 1) explosive and blowing up; 2) stewing, brewing, or silent indignation; and 3) irritability, exasperation or embitterment.

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~~to Conquer and Control ...~~

One of the long-term ways of overcoming anger or dealing with anger is to share and discuss your feelings with a friend or a family member. Firstly, it removes the initial outburst and bitterness. Further, you are able to think calmly and get a different perspective of the whole situation.

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8 ways to deal with anger 1. Recognise the warning signs. If you can recognise when you're starting to feel angry, you'll be in a good place to... 2. Work out why you're angry. There's lots of reasons why you



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might be angry. It's a normal or understandable response... 3. Write it down. Sometimes, ...

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could be trivial, but they're nevertheless destroyers, which will cause catastrophic harm if left unattended. By God's grace, however, nobody has to be overcome by ungodly anger or anxiety.

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If you justify anger, try to explain it away, or blame others for it, you will not be able to conquer it. See anger through the experiences of those who are damaged by it. Ask immediate family members to

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recall times when you got angry at them and how they felt about it. Don't justify what you did or try to explain your real intentions.

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Teach them to recognize physiological

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warning signs of anger, like a rapid heartbeat, clenched fists, or flushed face. Encourage them to take action when they notice their anger is on the rise. That may mean taking a break, taking a few deep breaths, or counting to 10 in their mind.

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