



# How to make anger work for you...

Why is it that the smallest things can sometimes tip people over the edge; mild frustration turning to seething or full blown rage? What would normally seem like a minor incident if someone is feeling content can become a major issue when they're right at their limits of coping. This is a dangerous place to be and often leads to anger working against people. A contributing factor for this is being negatively and critically focused.

**It's easy to fault find...**

People aren't perfect and will easily disappoint if you're looking for proof of their failings. The longer the list of 'misdemeanours', the angrier people become in relationships until even then smallest misdeed will create discontent. This is true for both others and for self - finding your own faults and then getting angry with yourself is also highly destructive.

Shift the focus and look for evidence of doing things well. Once the mind is retrained to look for the good and finds gratitude in the simple joys, it will be more equipped to express anger appropriately and compassionately.

**Share the real issue!**

It's often the little things that people use as an excuse to express anger about a completely different and bigger issue. It's hard to talk about what's really bothering so it's easier to blame the feelings on something smaller and more solvable. *"I can't believe you didn't empty the bins again!"* might be code for, *"I'm feeling really unsupported and taken for granted right now."* It's much harder to share this sentiment than a grievance about the bins. Perversely though, getting angry about the bins neither solves the problem or creates a situation in which the other party feels valued, supported and cherished. The offending party is more likely to withdraw or become angry and defensive in return, making matters worse.

To make anger work for you, check in when mild frustration and irritation are present and really consider, *"What's the real issue?"* If you can catch it at this early stage and be courageous enough to share it, a solution is more likely, which will ultimately be more satisfying. Catching the cause of anger and doing something before resentment kicks in, saves relationships.

Bare Hands is run by allied health professionals committed to helping women embrace positive change by providing access to practical education. To find out more give us a call, email us or visit [www.barehands.com.au](http://www.barehands.com.au).

©Bare Hands 2015

- ✓ Small things can tip people over the edge into anger - why?
- ✓ A negative and critical mind will lead to constant disappointment.
- ✓ Sharing the real issues of anger takes courage.

***"Anger is a feeling that makes your mouth work faster than your mind."***

Anonymous

**Did you find this helpful? Want more strategies like this...**

The power to choose a different attitude that makes life more content and satisfying. Find out how to do a quick attitude adjustment in our quick emotional health course... **Sticky Strategies** There's more free weekly tips **here**.



**Bare Hands**  
Practical life strategies for women