



# **How to Recognize and Overcome Anger Issues (How to Recognize and Overcome) (Volume 2)**

*Donna Lively*

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Almost every time we get angry, it's because something isn't going our way. Perhaps the anger is purely because of selfishness. We all know what anger is, and everyone has felt it. It can be as simple as a fleeting annoyance or a full-fledged rage. Like other emotions, it is accompanied by physiological and biological changes. When you get angry, your heart rate and blood pressure go up, as do the levels of your energy hormones, adrenaline. Rather than acting on that impulse, just watch it. Become an observer. When you do that, you put some space between yourself and your angry impulses, and in that little space, you have room to decide. How will you respond? What's going on here? Why are you so angry about something so unimportant? What fantasy/ideal are you holding onto that you didn't get, and that's making you angry?



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