

Happiness In Hard Times™

How To Be Happy When Times Are Tough & Help Others To Be Happy Too!

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Use Anger To Your Advantage

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Anger can be very dangerous. It's no accident *Anger* is most of the word *Danger*. Anger drives people to do dangerous, destructive, terrible, irrational things they would normally find completely unacceptable.

Anger can also be a tremendous benefit. Many great and wonderful things have been achieved because people became angry and determined to change. Slaves were freed, dictators overthrown, new inventions created, exercise and weight loss programs begun because people became angry, decided to make changes and do things differently.

What causes anger? Anger often arises from feelings of violation. Some value, belief or ideal we hold dear or something we love or care about has been threatened, hurt or violated. Anger can become addictive because anger makes us feel strong, powerful, invincible. Self righteous anger is especially dangerous because people feel they have a right to be angry so their anger has no rational bounds.

The key to Using Anger To Your Advantage is to channel anger toward positive, productive purposes. Use anger to help you achieve worthwhile goals. Use anger to be constructive not destructive.

Get Angry At Your Adversity. Refuse to give it the power to hurt you. Resolve to fight back, triumph and be happy despite your difficulties. Revolt and rebel against giving adversity control of your feelings, against allowing to seize control of your time, attention and well-being. Get angry and refuse to allow adversity to distress, depress, damage or demoralize you.

Avoid Angry Altercations. If some jerk says or does something to make you angry, you are giving them control of your feelings. You are allowing them to steal your time, your attention, your well-being and often your self esteem. They can use anger to manipulate you, to make you look bad, to get you to do damaging, dangerous and destructive things.

When you are confronted with an angry situation, say to yourself, "I am not giving it control, I am not giving it the power to hurt me or to make me angry. I will deal with this situation in a ways at a time and place that is good for me." It's not a matter of stuffing your anger or managing your anger, it's simply deciding not to give it the power to make you angry in the first place.

Decide what is best for you in a cool, rational way. On occasion, an anger laced response helps you achieve your goals. In this case, you are using anger to your advantage, you are not letting it control you.

Choice Does Not Exist Until We Know We Have It And We Know How To Use It. Until we recognize we have choices and can realistically see ourselves exercising alternatives, choice does not exist for us.

Use Anger To Your Advantage. Don't Give Anger Control Of Your Thoughts, Actions And Feelings.

Wishing you great happiness and spiritual success,

Michele Moore and the Happiness Habit® Team

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