

Shrimad Rajchandra Mission

a Spiritual Revolutionary Movement - SRM

YOUth Study Club

Session - 5

Anger Management

Conceptualised & Explained by

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Name

Ph. No.

What is Anger?

“**American Author Mark Twain said -**

Anger is an acid that can do more harm to the vessel in which it is stored than to anything in which it is poured.

“**Gautam Buddha said -**

Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned first.

Types of Anger

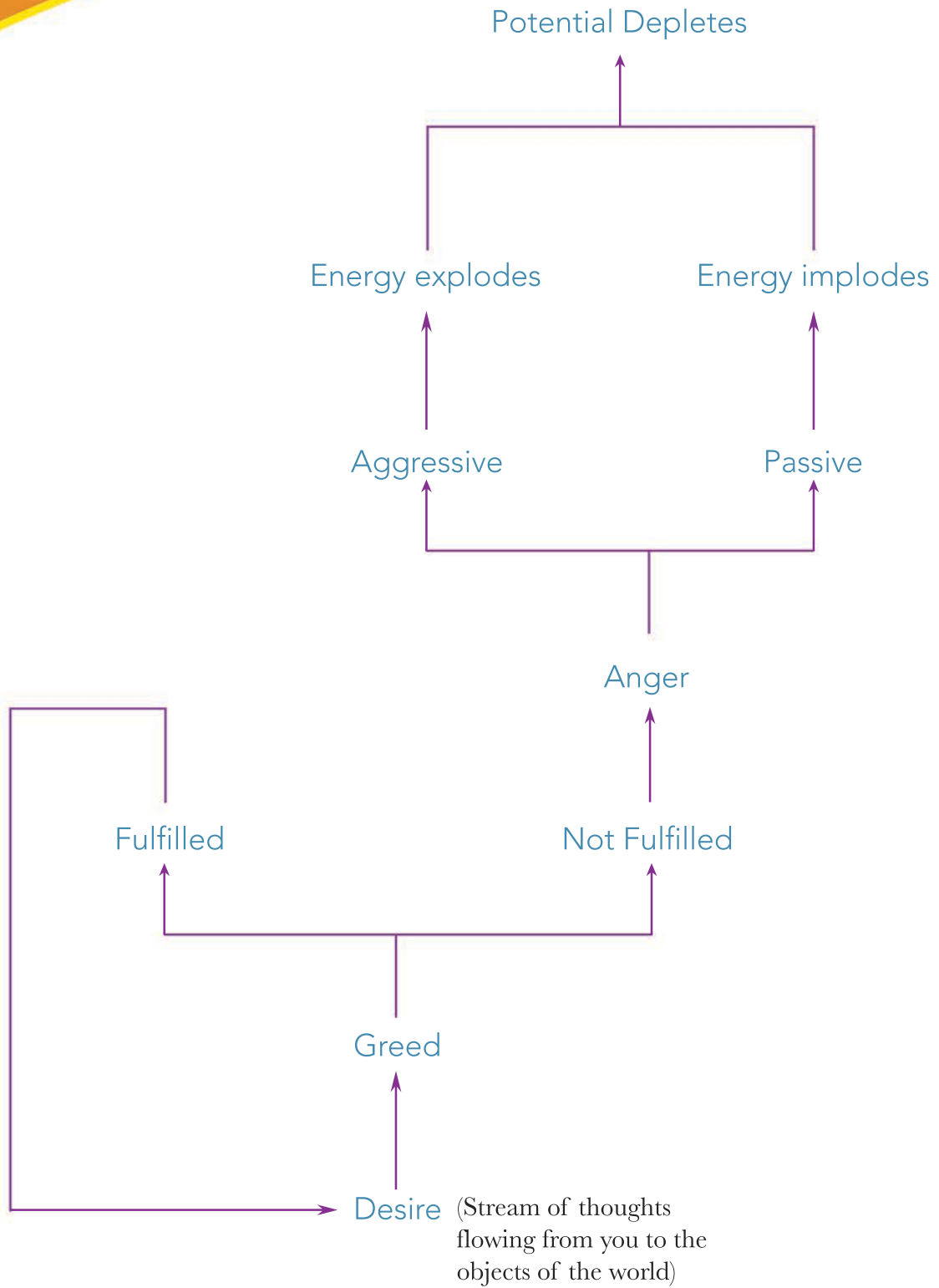
Aggressive Anger

- » Shouting
- » Annoyed
- » Irritation
- » Violent
- » Frustration
- » Criticism
- » Curse
- » Tantrum

Passive Anger

- » Crying
- » Back-biting
- » Sorrow
- » Revenge
- » Self-blame
- » Ill-humour
- » Mood break
- » Resentment

Anger Route



Understand your Anger-Moments

For each statement tick the column that best describes you. Please answer the questions as you actually are (rather than how you think you should be).

Statements to Answer

Never | Sometimes | Very Often

I seem to get angry unexpectedly without really understanding the reason.

When I am angry, I hit or want to hit something.

When something really frustrates me, I can usually see the humour in the situation, and can laugh at myself or others involved.

When people make me angry I try to understand why they did or said what they did.

I can forgive people after they have hurt or angered me.

When I feel angry I give myself a time-out (I walk away to calm down).

After my anger vent-out I think out about what I could or should have done to respond in better way.

When I am angry I tend to yell, curse and say things that I later regret.

If I know a certain situation that will make me angry, I avoid it.

When someone asks me to do something I really don't want to do, I agree and then I'm angry at myself later.

The Process of Anger Management

1. Recognise the Cause
2. Avoid the energy burst
3. Add Humour
4. Develop Empathy
5. Evolve Forgiveness
6. Interrupt your anger-cycle
7. Be Assertive
8. Practice Mindfulness
9. Learn from Past
10. Develop Compassionate 'No'

Bonding Beyond Tricks...



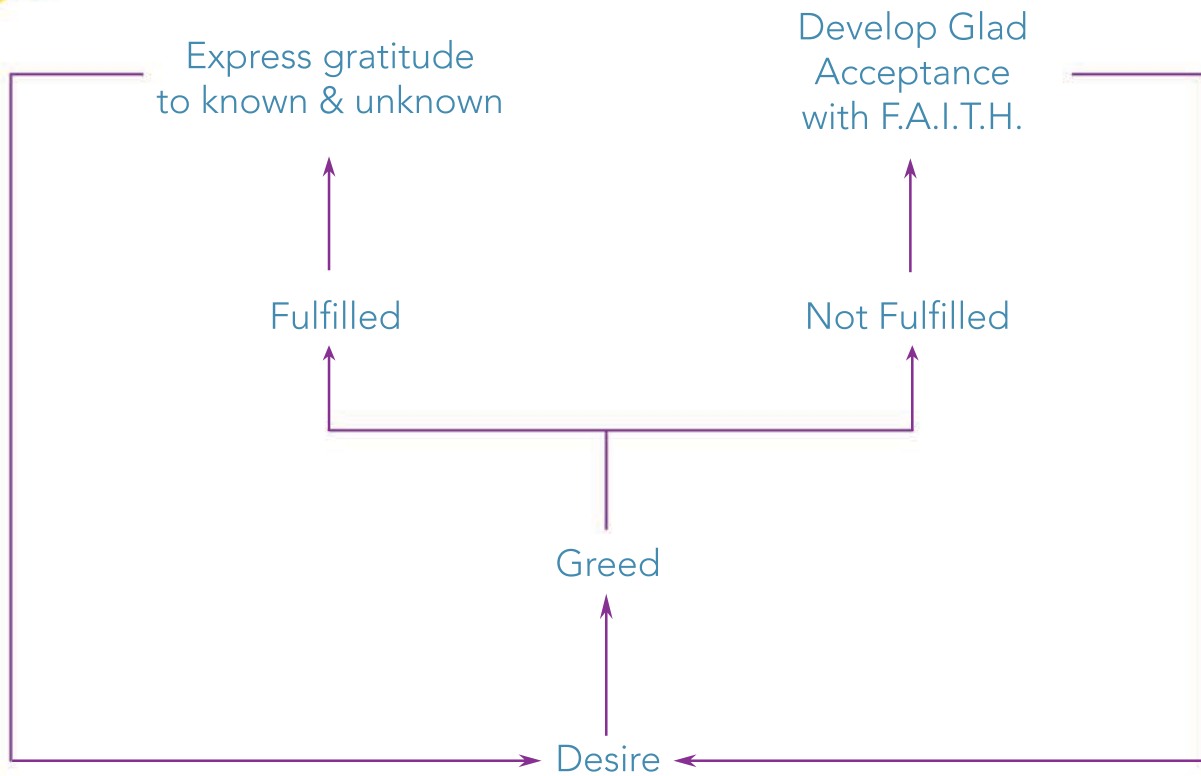
Easiest : WhatsApp

Better way : Call & Bond

Best way : Enter Compassionate Communication

1. Fix a meeting
2. Listen with Love
3. Bond the relation

Anger Bypass Route



Self Commitment

I wish to live a life free of disturbances caused by Anger. So, I hereby commit to myself that I will either follow the Anger Bypass Route or Anger Management Strategy and will develop healthy bonds with people around.

My Signature

*Wish you an
Anger-free life...*

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