



Anger Management: Taking Control of Your Anger Before It Controls You (Paperback)

By Patricia a Carlisle

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Among the first milestones in anger management classes is pinpointing what your anger triggers are. This simply means analyzing your day-to-day life, and check for conditions or features in people who may have you seeing red, sometimes on a fairly good day. As well as acknowledging you have anger management issues. Knowing specifically what triggers set you off are very important should you wish to explore ways to control yourself in certain situations. Everyone is built differently, and this means no two people have similar anger management problems or triggers. This is why experts discourage persons from following other individuals anger management plans instead of visiting classes by themselves. Especially when a close friend of yours has overcome his or her troubles by using a specific technique or routine, there is no guarantee a similar program will work for your needs. In most anger management classes, people are asked to divide their triggers into two classes; those he or she can control, and those which are out of their control. A common example of a trigger that is within one's control...



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