

I Can Manage Anger



One out of five Americans has an anger management problem, but you are able to control this issue. Anger is an instinctive human emotion and is nature's way of empowering us to "ward off" our perception of an attack or threat to our welfare. The trouble isn't anger itself, but it is the mismanagement of your anger that is causing you anguish.

Mismanaging your anger and rage is a huge cause of conflict in our personal and professional relationships. You need to tell yourself you are able to control your anger in certain situations and with certain individuals. Tell yourself no individual or event upsets my mind, it's only my inability to tolerate them which makes me irritated. So with a high state of tolerance no individual or adverse situation will irritate me as I have the power to change myself!

I am a positive individual unaffected by the negative thoughts of other people.

I am a powerful individual unaffected by the negative words and attitudes of other people.

Negative thinking is a bad habit that I choose to stop.

I now choose to create thoughts that bring me happiness and peace of mind.

I fill my mind with beautiful and beneficial thoughts.

I have a strong mind and I'm not affected by the negative views of other people.