



# Control the fire within

**ALTHOUGH** there is a negative perception in society regarding anger, it is an incredibly powerful energy. If channelled in the right direction deliberately and constructively, you can transform your anger into passion, writes **DEBORAH GRAHAM**

ANGER is natural emotion.

However, we as society have been conditioned to think of anger is something negative, and over time it has become an emotion that

we suppress, simply because we don't know how to deal with it.

According to Wikipedia – anger is “a term for the emotional aspect of aggression, as a basic aspect of

the stress response in animals, whereby a perceived aggravating stimulus ‘provokes’ a counter response which is likewise aggravating and threatening of violence”.

In more scientific terms, accredited coach and founder of Creative Consciousness International, Marc Steinberg, says the brain consists of the R-system which is a simple but powerful foe-friendly detection mechanism.

He says anything unknown perceived instantly activates the R-system and instantly produces “anger”, energy that makes us mentally alert and orders the body to produce adrenalin.

“The R-system gets activated during a day of normal living circumstances, in average 30 times. So, a human being is under the influence of anger (produced by the R-system) 30 times a day and gets over-floated with great energy.

“As with nuclear energy, this energy becomes good or bad by the way we use it. If one loses it, it can be potentially disastrous but if one takes this energy and paints a picture or creates a marketing plan, it might turn out to be very positive,” Steinberg says.

Mismanaged anger and rage are the major causes of conflict in our personal and professional relationships.

Domestic abuse, road rage, workplace violence, divorce, and addiction are just a few examples of what happens when anger is mismanaged.

It is therefore important to learn how to control anger, before it controls you.

## Signs of anger

- Constant fatigue.
- Depressed.
- Appear calm but have the tendency to

lose it and say things you regret.

- You have emotions you can't let go of.
- Are you an emotional yo-yo?
- Do you have a short fuse?
- Do you have an uncontrollable temper?

## Keep anger at bay

- Breathe deeply when you are feeling angry.
- Exercise is a great way to release tension and angry feelings.
- Listen to soothing music.
- Share your feelings.

- Confront calmly whoever is making you angry and discuss your problems.
- Go for a walk.
- Get more rest.
- Reinforce positive statements such as, “I am in control, not my anger”, or, “I will get through this”.
- Attend anger control workshops.

## Anger management workshops

Consciousness Coaching educates and trains the individual in shifting consciousness from “anger having you” to “you having anger”.

Marc Steinberg, accredited coach and founder of Creative Consciousness International, says Consciousness Coaching will help you take control of your life and learn to actively control your emotions and actions.

The immediate benefits of the course for the client are:

- Seeing anger as vital energy ready to be used for creative purposes.
- Reframing anger such that anger isn't something bad any longer.
- Reframing sorrow to such that it's nothing but a consequence of suppressed anger.

For more information on Consciousness Coaching call 0861-262-248, or visit [www.cci-coachingacademy.com](http://www.cci-coachingacademy.com) or [www.cci-portal.com](http://www.cci-portal.com).