

ANGER

REACTION
AND CONTROL TIPS



ABRAHAM ZORTE

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Anger Reaction and Control Tips

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Dedication

This book is dedicated to God Almighty for His divine inspiration to carry out this work.

Also, I dedicate this book to my mom, siblings and friends.

Thanks for being supportive.

Acknowledgment

My heartfelt appreciation goes to my wonderful editor, Lekpea Goodnews Buekor, for doing an excellent job.

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To my wonderful team that participated in the research process, thank you for your sincere response during the research.

I am sincerely grateful.

Introduction

The book, “Anger Reaction & Control Tips”, is a guide to help her readers to know the different types of reactions exhibited when they are angry, evaluate theirs and learn how to control the level of their reaction to anger.

Furthermore, the story lines in this book will help you to know the extent to which your reaction to anger can cause damage to you and others, if they are not put under control.

This book is for everyone, there is no one immune to anger. Everyone gets angry and reacts to anger differently. The difference in reaction display is a result of maturity and knowledge acquired and applied.

At the end of this book, we trust that every reader will get the solution they seek to solve the problems relating to uncontrolled reactions due to anger and apply it daily; so the world will be a better place for all of us.

During my research, I observed that people get angry due to different reasons and react to them differently. Most times, we might not be in the right position to have control over what people do to us, but we are 100% in charge of our reaction to the situation. However, we can't completely control our response unless we acquire knowledge. On a normal, our emotions tend to control our response to offences, and if that happens, we won't be able to use our five senses properly.

To gain control over anger, adequate knowledge is required. Knowledge gives you an edge over others. When you know what others don't know, it helps you to behave more maturely than they do.

To properly solve a problem, the following should be put into consideration:

Acknowledge there is a problem: When you acknowledge the existence of the problem, it will help to create a possibility mindset. This will give you the needed push to help you identify the difficulty. The only way you can accept the help coming your way is to accept you have a problem that needs to be solved. You can be helped.

Identify the problem: a problem identified is half solved. When a particular difficulty is discovered, acknowledged and identified, it helps to create an easy way out to solve the problem.

Accept you need help: When you accept the help offered or provided to you, you make the help profitable.

Have an open heart: Until you open your heart, you might not be able to accept the truth that will deliver your change to you. Once you have an open heart, your eyes will be open heart, your eyes will be opened to the help that will birth your change and help you live a profitable lifestyle.

Accept and apply the truth: It is only when you accept the truth that you can apply it. Accepting the truth is a step forward to you change. In this book, the types of anger reaction and how to respond during such time, is well explained.

Do have a pleasurable read

Chapter **1**



ANGER REACTION



To be realistic, everyone gets angry; yes, that's the truth. Getting angry is not the problem, but your response to offences is what matters.

From my interactions with different groups of people, I observed that people get angry due to different reasons and react to them differently. Most times, we might not be able to control how people behave towards us. However, we are responsible for the control panel as to how we react to people's behaviour towards us. This, of course, is centred on our choice and our ability to exercise self-discipline.

People can get angry when things don't go the way they plan, when people behave in a rude or unkind manner towards them, when treated with disdain or disregard, when insulted or embarrassed publicly when not provided the opportunity to defend one's self in a situation before a conclusion is drawn, and also when betrayed; the list is endless.

Everyone has something that makes them angry. For some, little things get them irritated and angry; while for others, it might be a different ball game. What makes Mr. A angry might not necessarily make Mr. B angry.

For some, you shouldn't cross boundaries, while others are free and friendly. Others are reserved, while others are open. Some can easily overlook, and endure wrongs, while some can't do so.

Everyone has a level of what they can tolerate, once it's above their tolerance level, it could result in an outburst which can be harmful. This lash-out in anger, is called "Anger Reaction." Anger reactions can be good or bad.

Getting angry is not as bad as you, allowing the anger to "eat" you up so deep that the better part of you vanishes in a minute.

As long as you relate with people everyday, you will be offended in one way or the other.

When you are offended, and you have a feeling of displeasure, that's anger setting in. People get angry with different things and in different ways. Some can control anger reactions towards circumstances but not towards people, while others can control theirs towards people, but not circumstances. Some get angry with the seen, while others get angry with the unseen.

People can get angry towards the following:

- ★ Towards God
- ★ Towards self
- ★ Towards people
- ★ Towards circumstance

(1) Towards God:

This is not the right channel to direct your anger to. This category of people, needs serious help.

Getting angry towards God is a sign that you lack trust in God. When someone starts seeing their helper as their problem, it becomes a matter of concern. The major challenge of the people in this category is that they have insufficient knowledge of who God is.

People in this group feel like God is responsible for the situation they are passing through. For every misfortune they encounter, when life boxes them into a corner, they immediately shift the blame to God.

I came in contact with a lady, who was fervent in her service to God, but something happened to her along the line. In a space of a few years, she lost so much that she got angry with God for allowing all such things to happen to her. She lost her job, husband, mother, and

sister; she also had an accommodation challenge. She blamed God for her compounded challenges, and she eventually stopped going to church. Not only that, but she got so angry that she didn't want to hear anything that had to do with God. Every attempt by the brethren to get her back to the fold proved abortive.

One day, one of her children who returned from a church program, shared with her how powerful the service was. How souls were saved, and God accompanied His presence with miracles. She felt like it was a new version of God that was preached to her. She was eager to see if all these were true about this God. As she finally attended service that day, she encountered the Holy Spirit, and she was restored.

She changed her perspective and realized she judged God wrongly. Her mantra now is “God will do this, God will do that, He never fails.”

The solution for people in this category, is to completely surrender to the Lordship of Jesus; and to constantly study God's word, which will renew their minds. Everything that put them into that situation started from a negative thought which graduated into a mindset, and into a pattern of belief and attitude.

Know who God has created you to become, and know who God really is to you, then walk in the light of the knowledge of the truth you have discovered.

Always discard negative thoughts from taking root in your heart, discourage them from setting in and accept only positive thoughts. (Philippines 4:8) will give you a guide and help you check your thought pattern. It is your responsibility to renew your mind, no one can do it for you.

Finally, learn to completely trust God for help. I love the book of Job because it is usually a great source of encouragement. If you examine what you are passing through, and compare it to that of Job, if you are sincere enough, you will realise that God is not your problem, but your help in times of need.

(2) Towards self

In most cases, this occurs as a result of one's past mistakes. Another category of people in this group, are those who feel their best is not good enough even when they try. They would rather blame themselves for everything. This is a clear indication that you are yet to forgive yourself and recover from your past.

You can't go far in life until you forgive yourself. You are important for your journey. Your mistakes are in the past, and you can't change your past. Allow the past remain in the past. Every so often, we feel like people see our mistakes, but the truth is, people don't really see our mistakes; it is our constant nagging and complaints that draw their attention to them.

Magnify your good attributes and work on your weakness. Stop dwelling on your past mistake. If you do, it will keep hunting you day and night, which will only fill you up with bitterness and guilt.

Stop believing that you are your problem. You need to take out time and work on yourself properly. Enough of getting angry with yourself. Quit dwelling on your past mistake, learn from your mistakes but don't live with them.

Don't allow anyone to remind you of your mistakes, not even the devil. Your mistake is not you, that was an event that took place in the past. It shouldn't define you. There is always room to try again. Don't give up on trying no matter what, I believe the sun will shine on you again.

Here is a story of some one who was angry with herself, her reaction, and how she came out of it. Lady G (not her real name), had written high school exams twice, and passed at the third trial. She wanted to further, but she wrote her entrance examination six times and failed six times. She got angry with herself, blamed herself for not being good enough, and she slipped into depression. Not only that, but she turned into a bitter person; she completely shut out friends, and she silently battled with low self-esteem. One day, she decided to open up to someone, and that day marked the beginning of her liberation.

From the counselling, she identified she had a problem, and needed help. She also realised she needs to forgive herself if she would make something out of her life. She forgave herself for her failures and mistakes, renewed her mind, and started developing herself. After some time, she sat for that exam again, and she made it this time. As of the time of this interview, she was already in her third year in the tertiary institution.

You may have had a similar experience, or may be not; however, I want you to know that there is always a solution.

Here are ten tips that can help you move on:

- a. Recognize you need help and seek the help you need from a reliable source. Source materials and study them.
- b. Forgive yourself.
- c. Forget your past mistake, consciously delete it from your memory. When you store past mistakes in your mind, it will constantly reduce your productivity level. In order to move forward, let go of your past mistakes.
- d. Know that you are not your mistakes.
- e. Stay away from people that tag you for your mistake.
- f. Stop pointing people to your mistakes.
- g. Renew your mind.
- h. Walk in the newness of your renewed mind.
- I. Love yourself and start again as a new person.
- j. Let people know the new you and function as the new you.

When you love yourself enough, you will understand that you are not your problem. Your perspectives and approach could be faulty, but you as an individual, created in the image of God is not a problem.

3) Towards people:

Some people often pinpoint others as the cause of their problems. When you have this kind of mindset, it will affect your relationship with people, including those that were destined to help you. Once this is the case, there is a possibility that when you are provoked to anger, you won't be able to let go. Most times, when you tie people in your heart, and you refuse to forgive, you get hurt more than they do. Free them today, free yourself and enjoy a peaceful life.

4) Towards Circumstance:

People in this group channel their anger towards circumstances. Some are angry towards everything around them. They blame their country, the school they attended, their community, the system, and everything within their reach. Apportioning blame won't change anything. With this belief, you can't move forward. Don't apportion blame, just let go, forgive, and forge ahead. When you open up your heart to love, things will become easier for you.

Love God, love yourself, love people, and love your nation. Always see the brighter side of every situation if you want to succeed. Let go of anger and free yourself today. Nothing is worth dying for. The things beyond your control aren't worth dying for as well.

POINTS TO REMEMBER



*Getting angry is not the problem,
it is your reaction in the phase of
anger that matters.*

*In your reaction to anger,
people see your actions and not your
offender's actions.*

*Stop dwelling on your past mistake,
if you do, it will keep hurting you day
and night which will fill you up with
bitterness and guilt in turn reduce
your productivity.*

*To have a change, magnify your good
attributes and work on your weakness.*

Chapter

2



THINGS TO KNOW ABOUT ANGER REACTION



What is Anger?

According to the English Dictionary, Anger means, “a strong feeling of displeasure, hostility, or antagonism towards someone or something usually combined with an urge to harm. Reaction, on the other hand, “is an action or statement in response to a stimulus or other event.” Therefore, anger reaction is the direct or indirect response of an individual(via words or actions) to a particular situation caused by another individual, self, or circumstances.

In other words, anger reaction is defined as the actions taken by the person that is angry while they are still angry. Different people react differently when offended. Some individuals have developed themselves in this area, never to act negatively in anger, while some are yet to work on themselves.

Similar situations can happen to two persons, and they would respond differently. Most times, your mindset determines how you respond to offences.

Here is an illustration Lady A just finished a job interview. She was devastated that she didn't make it. She had put so much in to this interview because she had numerous disappointments trying to get a job. So, she

was super excited when she was called for this interview. "This is it! This one will work." She said before she left the house. So, after the interviewer announced the names of the candidates that passed the interview, Lady A was devastated that her name was not mentioned. In her broken state, she decided to walk home, since her house wasn't too far from the venue.

As if the disappointment were not enough, it suddenly began to rain. In a bid to get her umbrella from her bag, a vehicle suddenly sped past her and splashed water on her. That was the last straw that broke the camel's back. The driver innocently drove back to render his sincere apologies "I am so sorry, it wasn't intentional. The rain is still drizzling, can I give you a ride to make up for the splash.....earlier.?"

The driver was still talking when Lady A rudely interrupted him. "Oh shit! Are you blind?" "I don't blame you any way, I blame the person who gave you their car to ride." "You have succeeded in ruining my day. See how you've got my expensive dress stained." "Just get out. Vanish," she said, as she tried to pick up something to throw at the driver, who zoomed off with his car while wondering what kind of lady he had just met.

Lady A kept raining abuses on this man. She kept murmuring until she got home.

Does she have a right to be angry over the situation that happened? Ofcourse. Did she properly react to the situation? Obviously, not. That's not the end of the story. After some months, Lady A applied for another job, and fortunately, she was called for an interview. She entered the room with her shoulders high.

Could you guess who the lead interviewer was? Well, your guess is as good as mine; the same man that she had insulted. After the interview, she was told that she would be gotten back to, but she was never called.

Obviously, no one would want to employ someone who would chase their clients because they can not keep their temper in check.

Sadly, that was how Lady A lost another opportunity to secure a good job.

Here is another illustration of someone who had a similar experience like Lady A, and how she handled the situation.

Lady B just discovered she failed her entrance examination that would grant her admission to the university. You would not understand how it feels to write the same exam for the fourth time. She had put so much effort into this exam. She studied like her life depended on it, and she was super positive that she would pass. Unfortunately, the reverse was the case, and she had no option but to wait until the next year. She thought about how she would break the sad news to her mom, who was her only sponsor.

As she was walking home, completely lost in thoughts, it started to rain. Rain was the least of her problems presently, so she just continued walking home in the rain. She had cried to stupor. Still drowned in the ocean of her thoughts and tears, a car sped past her, splashed water on her, and rode off. “What's the worst that can happen?” she said as she continued to walk home. “The way to success is not always smooth, but one thing is sure; if I have to get to the top, I need to be determined to keep moving forward and never look back. I must focus on the goal and not the distractions.”

“I know the story will change, it's just a matter of time. I won't be drenched in the rain forever. I will also own and ride in a car someday.” She consoled herself with these words, until she got home.

After some months, she got notified of a scholarship she had applied for. Finally, she succeeded.

The stories of Lady A and Lady B, are a clear illustration that we may not be able to control the things that happen to us, but we can choose how to respond to them. Our emotions can run wild when we are angry, it could also suggest silly ideas at that point, so, we must learn to keep them in check.

Don't be in a haste to take decisions or act when you are angry. Learn how to manage your words and actions during that state, however, if you don't, you could do something you would regret, and you will lose your peace.

**POINTS TO
REMEMBER**



Always remember that your reaction determines the outcome of the situation.

Don't be in haste to make a decision or act when you are angry, give it time.

There is always a better way in handling situations.

Chapter

3



TYPES OF ANGER REACTION



1) Good/Controlled Anger Reactions

This is exhibited as a result of a well controlled anger reaction. The individuals in this group have acquired knowledge and have mastered the act of controlling their emotions; thus, the after effect usually ends peacefully. Individuals in this category display maturity, discipline, and patience. Good anger reaction is possible, but you need to be intentional about making the right choice.

2) Bad/Uncontrolled Anger Reaction

This is exhibited as a result of hurtful, illmannered, and uncontrollable emotions. When anger is not well curbed, and it get out of hand, its reaction is always regrettable for both the offender and the person offended.

Most times, the effect caused by uncontrolled anger reaction, can't be reversed. It can lead to great loss, injury, and even death. One must properly manage one's emotions to prevent extreme anger reactions.

Degrees of Anger Reaction

- (a) Reaction to self
- (b) Reaction to Environment/circumstances
- (c) Reaction to people

★ **Reaction to self**

This is how some individuals react when they are offended.

1) **Those who cry**

I remember when I took an examination back then, to secure admission into the university. I failed that examination and I was so bitter. I couldn't help it, the only thing I could do was to cry. If only crying could change situations, that result would have changed.

I cried so much that I began to have severe headaches. It took my mom so much to console me. She would always remind me that tears wouldn't reverse the result. She encouraged me to put myself together and prepare for next time.

This is how some of us react to anger, which may not be bad, but we shouldn't remain in this state forever. Those in this category, prefer to pour their heart, words, and action via crying.

Rather than defend themselves or retaliate, they rather would cry.

Sub categories of this group include;

★ **Group A: Reticent Reaction.**

They stay at a spot, standing speechless, hurt on the inside which translates into tears rolling down their cheek.

★ **Group B: Aphonic Reaction**

This group would rather not say a word at first until they are done crying. They become mute completely. They would talk later, but at the point of anger, they get lost in crying.

★ **Group C: Standoffish Reaction**

They act like nothing went wrong, even though they have been offended and hurt in the inside. They are cool with you if you don't have to let them talk. They tend to hold up all the pains and tears until they find a chance to say a word, and in the process, they start crying uncontrollably.

★ **Group D: Scampering Reaction**

When the people in this group get offended, they get so hurt such that they can't stand being in the scene. They immediately run out in tears. They could run to a dear friend, loved one, or to a quiet place. Likewise, they would spend time crying until they feel better. This could take minutes, hours, days, or even weeks.

★ **Group E: Dramatic Reaction**

This set of people cries at the scene of the offence. They can be quite dramatic and can exhibit much strength when crying. They don't mind dragging the offender's shirt in the process.

★ **Group F: The Meditating Category**

This group is quite special, they don't cry at the scene of the offence. They excuse themselves and get to a comfortable place where no one sees them, shut the door and start crying, thinking and meditating on everything that played out.

They can remember all the words spoken to them by the offender, and tend to read meaning into those words, ill-treatment, and actions of the offender. After they cry to their satisfaction, they sit up and tell themselves some hard truths, then, they take new decisions. They are intentional about those decisions taken and stick to them.

2) **Those who quietly take the blame even when it isn't their fault**

This type of reaction is expressed by some individuals, they naturally have a way of excusing the wrong of people. They have this 'fear' for the other party. People in

this category suffer from low self-esteem, and they lack self-confidence. Furthermore, others in this group have gotten used to the pain afflicted on them; so, they would rather give excuses on behalf of the offender, and take the blame and would in the process hurt themselves. They see themselves as not worth it, hence undeserving of a fair treatment.

3) Those who silently vibrate

people in this group often express their reactions with little or no words, they end up vibrating. In this case, they try not to talk at that exact moment when they are angry because they could stutter in the process. So, they would prefer to keep quiet and allow the anger to fade away once they are relieved they can talk about it.

4) Those who punish themselves

These set of people tend to punish themselves when they are angry, Individuals in this group prefer to endure abuses and when they can't take it anymore, they punish themselves for not acting on time.

They transfer the punishment they would have given to others to themselves.

5) Those who starve

Individuals in this group starve themselves when they are angry. They can decide to stay without eating for hours or days. Some lose their appetite completely, and they can remain like that until they get rid of whatever made them angry.

6) Those who swear

This set of people once they are angry, they make threats of what they can do and what they will not do. They threaten and swear by precious and sacred things. They only realize that they overreacted when the anger goes away. This, most times, happens to those that talk too much. You could hear statements like, “I swear to God, if I don't deal with you then, I'm not James”, and “I swear on my life, I will deal with you.” Sometimes, they mean those words, other times, they don't. That's just how they react when they are provoked.

7) Those who get depressed

When people in this group get angry, they react by being sad, and moody which graduate into depression, especially when they were hurt by the people they least expected. It drains them completely. They get sad and slowly go into depression.

Depression leads to a complete loss of Joy and gratitude. Any thought that comes to their mind at this point comes out from an unhealthy mindset. Depression is a slow poison. Do well to speak to someone you trust during this time. Protect your joy at all cost.

8) Those who Soliloquise

When they are angry, some people would rather complain, nag, and even talk to themselves.

9) Those who engage in physical activities

This set of people resort to hitting the gym when they are angry. They can lift heavy objects that, on a normal day, they may not be able to.

10) Those who drink and smoke

When people in this group get angry, they resort to drinking or smoking. Some drink to stupor just to forget their worries, but they realize that nothing changes.

Drinking and smoking as an anger reaction does more harm than good. It is dangerous to the vital organs in your system. Save your health today, and accept this truth; drinking or smoking is never a solution to your problems.

11) Tiredness and sleep

Those in this category, react to anger by sleeping uncontrollably. They become lazy during this period. This negatively affects their productivity.

12) Those who find consolation through music

This group respond to anger either by singing, dancing or listening to music, they do this to manage their anger.

13) Those who become restless

The people in this category lose their peace during the period of their anger. They automatically lack sleep and they become restless. This is as well dangerous to their health. You will find them staying up through the night, and they are hardly productive during the day.

Their mental health becomes at stake when ever they are angry.

14) Those who eat uncontrollably

During an interview session, a lady admitted that when ever she is angry, she eats more than normal.

15) Those who pray

People in this group once they are angry, they find somewhere to pray. They either pray for themselves to be relieved of the pains that they feel, or they pray,

handing over the offender to God. They tend to feel better after praying.

16) Those who become destructive:

Those in this group react to anger by destroying their valuables. Some could smash their phones or even television set on the floor.

17) Suicidal Reaction:

Those in this group, once they are angry, they contemplate suicide. They feel that committing suicide will end the anger that they feel. Suicide should not be an option when ever you are angry. As long as there is life, there is hope, don't think suicide.

Thoughts are powerful. Don't die for yourself, don't die for anyone, don't die for love, don't die for circumstances, don't die for anger. Suicide isn't a solution to your anger. It is not worth it.

Reaction to the Environment

Those who set things ablaze People in this group do react to anger by setting on fire precious things. Some do it in an instant, while others are meditative about the process. They can set ablaze a complete house, either of the offender or properties belonging to them; actions

they later regret. If you belong to this group, you need to first renew your mind and take other steps that are highlighted in this book.

Reaction to people

1) Those who walkout on the offender:

People in this group exhibit their reaction to anger by walking out on the other party. Walking away might just be the best strategy for those that might not be able to control what next they might do or say.

Some people in this group walk away to clear their heads before coming in contact with the offender. Some go far just to process all that is running through their mind, discard unhealthy thoughts, and let go of the hurt. They could in the process do things that will elevate their mood.

They could either walk away on:

- I) Short term:** people in this category could take a break for a moment, hours, or days. When they have fully dealt with the emotional hurt, and they feel better to continue, they return. Occasionally, when they return, they do so with the motive to start afresh and to forgive the offender.

- ii) **Long-term:** this group, once they walk away, they take a longer time to heal. It could take weeks, months, or even years. They might likely not return to connect with the offender. Some might avoid any form of reconnection just so the pain won't resurface. They return with a mindset of a fresh start, not for anyone but themselves .

2) Those who spark out loudly:

This group reacts immediately at the scene of the offence. Their reaction is so loud such that it is noticeable by everyone present. They care less whether their point is reasonable or not, they just overpower the offender with their loud disposition.

Be responsible for your emotions. You must not display 'madness' because you want to prove a point. We end up not making any sense at the end of the drama. We waste precious time and energy for nothing. Choose your actions and reactions wisely. No one can do it for you except you. Be intentional about it.

3) Transfer of Aggression:

Most people transfer aggression either knowingly or unknowingly. Their boss could have offended them at

the office, but because they can not really do anything to their boss, they transfer the aggression to their kids, spouse, or their domestic workers at home. People that didn't offend them suffer from their reactions more than the people who offended them. They transfer their reaction to people that know nothing about what was done to them. They transfer the hurt and ill feelings to someone else and want the person to feel more hurt than they felt.

This group of people choose people they transfer their aggression to. They do it to those they have control over, or those they assume equality with.

4) Immediate Anger Reaction:

Those in this group react immediately they are angry without thinking it through. Plenty of beautiful relationships have been broken because of this; the relationship between Lady J and Henry is a perfect example.

This two had a blissful relationship until uncontrolled immediate anger spoiled it. Lady J and Henry attended a friend's birthday party together. Lady J met with an old-time friend from high school at the party, and they

got talking. She introduced Henry to her friend from long ago. They exchanged contact, when she told her friend that she was into events and decoration. Henry became jealous and felt insecure. As they were going home from the party, Henry accused Lady J of cheating. As if that were not enough, he asked her to come down from the car, with out giving her a chance to explain herself. He ended a beautiful relationship because of his immediate anger reaction.

Reacting without a second thought or benefits of doubts, is not a good thing to do. “Don't allow anger reaction make you lose what is best for you because of what you think is good for you.”

5) Those who give the silent treatment:

This group reacts to anger by keeping mute. Once they are angry, they go silent. No verbal communication will exit between them and the offender for some period of time.

Subgroup of silent treatment reaction.

- a) **Complete silent treatment:** they go completely silent, this can continue for hours, days, months, or even years until they decide to open a communication link.

- b) **Partial silent treatment:** this group doesn't go completely silent, they go silent only on verbal communication. They devise other means of communication either via text message, writing of short note, or chats, but there are no forms of long discussions or calls.

They could also use sign language. This happens when the both parties stay in the same house. They live the offender frustrated as the atmosphere is usually thick. This continues until they decide to let go.

- 6) **Abusive Reaction:** this is a group that respond to anger using verbal abuse and various kinds of ill-treatment to the offender. They could beat, hurt, injure, bully, molest, or oppress the offender.

3 Sub Group Exist:

- a) **Physical Abusive Reaction:** This is a cruel and violent treatment of a person. People found in this group treat their offender wrongly by beating, injuring and mistreating the offender. Some can go as far as pouring toxic chemicals (like acid) on their offender.

This doesn't in anyway solve the problem, but it creates more problems beyond control. Those in this group have to renew their mind and change their attitude. You are the sole determining factor of your actions, and you will be held responsible for the outcomes of your actions as well.

b) Verbal Abusive Reaction: People in this group whenever they are angry, they react using improper usage of words directly or indirectly on their offender.

They don't talk things over amicably, they just lash out with verbal abuse on their offender.

They are particular about the kind of words they use, such that it creates lasting hurt in the heart of the offender. Likewise, they aim at making their offender to feel more hurt than the way they felt.

Here are some examples.

Offender: Why are you not married yet?

Response: I am waiting for your husband.

Offender: Where are you coming from?

Response: I am coming from your village

Offender: Who killed that innocent man?

Response: Your father did

Offender: As young as you are, why didn't you go to school?

Response: I went to your farm land to cultivate it.

Offender: Why did you fail the exams?

Response: It is because I borrowed your brain to write the exams.

They give harsh responses that leave the offenders wondering.

c) Emotional Abusive Reaction: People in this group tend to manipulate others using their emotions. They emotionally black mail their offender until they feel hurt. They put up an altitude to control things about and around you. Some go as far as restricting the offender's freedom by locking them indoors, ceasing their phones, restricting their communications with others, detecting what the offender should and should not do. Some go as far as stopping their offender from going to work just to get back at them, they monitor their calls, texts, and chats. People in this group do this more to those they are superior to or in control of.

7) Those who engage in physical combat:

This is a type of anger reaction that results in physical fighting. Combat means confrontation or controversy between two or more persons.

When some people get angry, they resort to fighting. They care less about who is involved. They feel fighting is the way to showcase strength. But the truth is, physical combat will in no way solve the problem or take away the offence. Fighting only shows one's level of immaturity. This is not the best way of settling issues. It isn't an act to be proud of.

8) **Those who deliberately ignore their offenders:** whenever those in this group are angry, they react by ignoring the offender, and this happens mostly when they choose not to talk about the issue at hand. They conclude and decide to move on by ignoring the offender, and pretending the offender doesn't exist. They do this for as long as it pleases them until they are ready to let go.

There are different categories of people in this group:

- a) **Short term:** they ignore their offender for a short period of time, which can range from hours to a day. This group can't ignore their offender more than a day, they likely don't sleep over with it.
- b) **Middle term:** this group ignores their offender for the period of days or weeks, but definitely not up to a Month.

- c) **The long term:** This group ignores their offender for a long period of time, which ranges from months to some years. After a long period of time, they will still settle their difference.

- d) **Infinity Reaction:** this group, once they kick-start they likely ignore the offender for life. They have a strong mind and certainly do not want to resolve issues amicably; and even when the offender tries to apologise or bring in people to settle their difference, they will listen to everything and still won't comply. They can ignore the person for a lifetime, to them, you don't exist in their life. Not only that, but they seem to have refreshed their memory and placed restrictions on their mind to completely erase you from their new world.

9) Those who blackmail their offenders:

People in this category respond to offense using blackmail. They dig out dirty secrets, and mistakes of the offender, and use it as a threat. They do this as a means of retaliation for the offence done against them.

Types of Blackmail reaction:

- a) **Monetary blackmail reaction:** people in this category, once they get offended, they search for sensitive information about the offender that can be detrimental to their image and bill them to pay a huge sum or the information will be sent out to the public.

They want the offender to pay dearly for the offense and the pains they caused, and as well fund their selfish interest.

- b) **Emotional blackmail reaction:** this group don't necessarily request for money, but they turn the offender into a perpetual slave by constantly making them to live in fear.

Once they are offended, they get secret information about the offender, and they make the offender aware that they are in possession of such information, so at their mere presence, the offender gets threatened.

This usually affect those that aren't living a clean life. No one can blackmail you, if you are living an honest life.

10) Those who bully their offender:

Bullying comes in different forms. Once those in this group are angry, they tend to bully the offender, they do things or say words that will hurt the offender. They take the offender unaware in a bid to execute their actions.

Some other forms of bullying to consider include;

- a) **Cyber bullying reaction:** people in this group uses the internet against their offender. Since they might not be able to attack physically, they use the internet.

They type and share hurtful words, comments, just to get back at the offender. They post hurtful comments, share embarrassing images, make online threats, send hurtful emails or text messages, and drag the offender. Not only that, but they leave a lasting scar and stigma on the offender.

- b) **Withdrawal of financial assistance:** those in this group do withhold their financial contribution once they're offended by their offender. They react to their anger by withdrawing all forms of financial assistance.

11) Those who overreact:

Those in this group respond to anger dramatically. Most times, they create a scene and react excessively, way overboard. They exaggerate everything and create an unimaginable scene.

12) Those who quarrel and exchange words:

Those in this category react to anger by quarrelling. They pick up quarrel with the offender, either directly or indirectly.

13) Those who become violent:

When some people get angry, they resort to lifting any available weapon against the offender. They are the bottle breakers, stones and iron lifters. They also don't think of the effect of their actions while acting. This should not be you. Violence is not the way. Peace is better than war.

14) Those who cancel their promise:

People in this group easily cancel their promise immediately they are offended by the person they earlier made promise to. They do this just to get back at the offender.

15) Those who demand a return of the favour given:

When some people get angry, they ask their offender to return everything they have gifted them in the past. If they were accommodating the offender, they could give them a quick notice to pack out.

16) Those who isolate or withdraw themselves:

In this case, the victim decides to withdraw themselves from the offender. This, they do to avoid a future occurrence. This can continue until they are certain the offender won't repeat such actions again.

Types of Isolation/Withdrawal Reaction

- a) Isolation from the offender; they tend to withdraw completely from the offender, denying them access to any form of contact. They do this, so they can forget about the incident and get healed from the hurt.

- b) Isolation from everyone; this set of people avoid everyone, including the loved ones, friends, and family members of the offender. They assume these people have the capacity to hurt them too. So, they withdraw from everyone connected to the offender.

- c) Isolation from the environment; this set usually stay away from the environment where the incident occurred, until they are fully recovered. Some can relocate, travel for a while, take a leave from work or resign completely, depending on the level of hurt or damage they feel. Some might return when they have fully recovered.

17) Those who avoid the offender:

Someone responded in an interview session that whenever she is angry, she just needs space. They avoid having any connection with the offender. They stay away because they want the offender to feel their absence and as well to prevent a repetition of the situation.

18) Those who report the offender:

Whenever the people in this category get angry, they report the offender to people that matter in their lives. Occasionally, the offender might not be aware that he/she has offended them. They just go ahead to report them.

19) Those who begin to fail in their responsibilities:

This set of people stop taking responsibility of their duties when they are angry. They withdraw their

support and obligations to the offender. This happens in a scenario where the husband stop providing for the family with the excuse that “I don't have money for you” while the wife can decide to stop cooking as well. They withhold the necessary provision such as money for upkeep, food, and even salary of workers.

20) Those who threaten the offenders:

This group reacts by proclaiming threats. They could mean it, often times, they don't. Not only that, but they threaten their offender, others, and even the environment. You will hear them say words like, “Do you know who I am? I will deal with you in a way you won't recover from.”

We must be careful of the words we say when angry. Threats can be dangerous when those words eventually play out whether you were the one that executed it, will be in consequential.

Some people say words like, “I will kill myself and end it all.” Most of them will go further to attempt those threats.

21) Those who keep record:

This group has a record note or device. Whenever they

are angry, they keep record of the wrong done to them with details, the time, date, and place.

Types of Record keeping Reaction

a) Deletable record keeping:

This is the temporary record keeping. Those in this group get rid of this record when they forgive the offender. They destroy, or they delete those record with time, they also delete the once recorded in their heart.

b) Non-Deletable Record Keeping:

This set keeps record of wrong done to them first in their, heart and then follow it up with documentation. Once the offender apologizes, they forgive, but they don't delete the record kept while they were angry.

They keep this record for reference purpose, they might keep on reminding the offender the offense at any slight opportunity.

22) Those Who Proclaim Curses:

Some people proclaim curses when they are angry. They do that either to the offender, or themselves. We have the

short term and the long term. For the short-term group, once their anger fades away, they forget all they said and the curses they asserted. If they are reminded, they will be surprised they said all of that.

However, the long-term group is the opposite. They don't forget the curses they spat out. Instead, they continue to proclaim those curses for years. They live in bitterness during this stage, and it will continue as long as they are still angry with the offender.

23) Those who go mute:

This group, once they are angry, they go completely mute. They don't react immediately, but this doesn't imply that they are weak. They are very calculative on what to do, They take their time to meditate on how best to retaliate before they take revenge.

24) Those who complain, compare and condemn:

When people in this group get angry, they complain about the offender, directly or indirectly. Others could keep comparing the personality of the offender with some other person, and will constantly rub it in their face. Also, they castigate, belittle, and find fault with everything the offender does.

25) Rigid Decision Takers:

those in this group take firm decision about a situation that could be flexible. They can decide to leave you for good without turning back on their decision.

26) Those who laugh in the face of anger:

People in this group have a funny way of reacting to anger. They laugh out loud just to get at the offender and afterwards, they will do what is on their mind against the offender.

27) Those who gossip:

This group gossip or sell out their offender in black light to others. Others in this group, resort to gossiping with others on matter concerning their offender.

28) Care-free Reaction:

This group of people careless about the concerns of the offender. They can come across an opportunity that will be of benefit to the offender, but they will ignore and will not let them know due to anger.

29) Plot planners:

Once people in this group are angry, they began to plot the down fall of the offender. They resort to doing anything just to see the offender feel some level of pains.

They can go as long as setting an ambush or an evil plot against the offender.

30) Anti-associate reaction:

once the people in this group get offended, they disassociate from the offender and collaborate with some other group of people that they consider to be their offender's enemy. Occasionally, they might not even intend to have any reasonable dealing with this group of people, but they associate with this new set just to get back at the offender.

31) Those who develop hatred towards their offender: This group develops intense hatred towards the offender. As long as they are still angry, the hatred will as well be on the increase.

32) Those who punish their offender:

This group punishes their offender once they are angry. They do this mostly to the people they are in control of.

33) Those who contemplate murder:

Those that are found in this group do things without having a second thought of what the result of their action could be. Whenever they take a decision in anger,

they don't think about the other side of the “dice”
Once they are angry, their anger goes beyond their control,
the only thing they think about is murder. Some do this
instantly; they use the object available at their reach.
Further more, there are meditative killers.
They plan before carrying out their actions.
This is never a good way to handle an anger reaction.

POINTS TO REMEMBER



A good reaction is a result of knowledge acquired and applied.

A bad reaction is a result of uncontrolled emotions.

There are different types of reactions, but whichever you exhibit, can be controlled when you acquire and apply the right knowledge.

Chapter

4



CONSEQUENCES OF UNCONTROLLED ANGER REACTION

“To every action, there is an equal and opposite reaction.”

1) **Regret:** You will agree with me that you feel bad and most times regret your actions after over reacting as a result of anger, if your conscience is live. From the interview we carried out, we were able to gather some facts about regrets due to uncontrolled anger reaction. Participants attested that some of the things they did wasn't done with a clear mindset. Anxiety, anger, sentiments, and hatred facilitated their actions, and after everything they regretted their actions. This could cost one's happiness.

2) **Destruction:** uncontrolled anger reaction can be destructive. Someone smashing her phone on the ground or the offender's phone, getting into a fight that can lead to one sustaining a minor or major injury. It can as well destroy what you have spent years to build.

Building a company and not controlling your reaction when angry can make you fire an asset in that company, and in a short period of time, you could lose clients. You should know that such person should not be sacked until you have a more competent replacement. That's wisdom in display over emotions.

3) **Stigmatisation:** there are some reactions to anger that leaves you with a stigma. An attempted murder by stabbing or any other violent reaction will always make people remember you for that act. You want to avoid having a bad name and be remembered for it.

4) **Lose of Trust:** People will lose trust in you once they know you can divulge important information about them when you get angry. They will rather withhold vital information from you, and they will also tell others not to trust you as well.

5) **Sickness:** One could fall ill due to accumulated bitterness caused by anger. Depression could set in, increased blood pressure, headaches, fever can also set in.

6) **Unrest:** You could lose your peace due to uncontrolled anger. You can be completely destabilised and with that, your peace of mind can get tampered with.

7) **Disassociation:** People that are usually in proximity with you, will start distancing themselves from you. Remember what the Holy book says about those with uncontrolled anger. It says, and I quote “Stay away from an angry man lest you learn his way” so you

see it has a spirit, and it's contagious, if you don't want to lose important personalities in your life it's about time you consider your ways and make amends.

8) **You could go to jail:** Most of the people that commit murder and take certain actions when they are angry, didn't plan to doing so. If you want to avoid being tagged a murderer, and you don't want to go to jail, you should turn a new leaf. The right decision taken now can avert these consequences from happening in the future.

9) **Untimely Death:** Yes! Uncontrolled anger reaction has made many people die before their time. Those sent to prison for murder and sentenced to death by hanging or shooting didn't know it will lead them to death at the beginning stage of their anger. You can rewrite your story while you still have time to do so.

10) **Unfulfilled life:** Every one was created for a purpose, and we all desire to fulfill that purpose. Some totally lose the chance to fulfill purpose because of bad anger reaction. A vision is for an appointed time.

Don't let anything stop you, not even uncontrolled

anger reaction. Have a change of action today while you still have the time to.

- 11) Uncontrolled anger reaction can destroy and part families.
- 12) Uncontrolled anger reaction can part friendship and destroy a beautiful relationship built over the years.
- 13) It can destroy your career, and make you lose your job.
- 14) Uncontrolled anger reaction can destroy a beautiful marriage.
- 15) Uncontrolled anger reaction can make you an object of ridicule and laughter.
- 16) It can cut short your dreams, visions, ambitions.
- 17) It can make you to lose what God has ordained for you.

POINTS TO REMEMBER



Uncontrolled reactions can cost you more than you can amend.

An uncontrolled reaction can destroy a beautiful relationship you have built over the years.

Learn to control your reaction to anger before building a company.

You can turn a new leaf, the right decision taken now can make a difference in your reaction.

Chapter

5



WHAT TO DO WHEN ANGRY

Anger Reaction and Control Tips

- 1) Don't magnify the problem.
- 2) Don't magnify the situation.
- 3) Don't take a rush decision.
- 4) Be silent or choose your words carefully.

Don't say everything that comes into your mind. It is a set-up by your emotions. Talk less because words spoken can't be retrieved.

- 5) Take a walk to clear your mind if you can't handle the heat that comes with the situation.
- 6) Excuse yourself from any toxic conversation coming from a toxic source.
- 7) Distract your mind from the situation and think about something that makes you feel better.
- 8) Don't act in the heat, try to cool off. Any drastic action taken against the offender in the heat of anger may be disastrous.
- 9) Remember, everyone is a work in progress, including you.

- 10) Constructively let the person know you are angry and relate the source of your anger to the offender.
- 11) Do what works for you. Excuse yourself when you can't handle the heat, then proceed to a quiet environment to clear your mind or play soft music to calm your soul until you detoxify all those harmful emotions. Ensure you are mentally and emotionally stable before you proceed to do or say anything.

Remember, “it is to one's honor to avoid strife, but every fool is quick to quarrel.” (Proverbs 20:3)

POINTS TO REMEMBER



There is always a solution to every challenge.

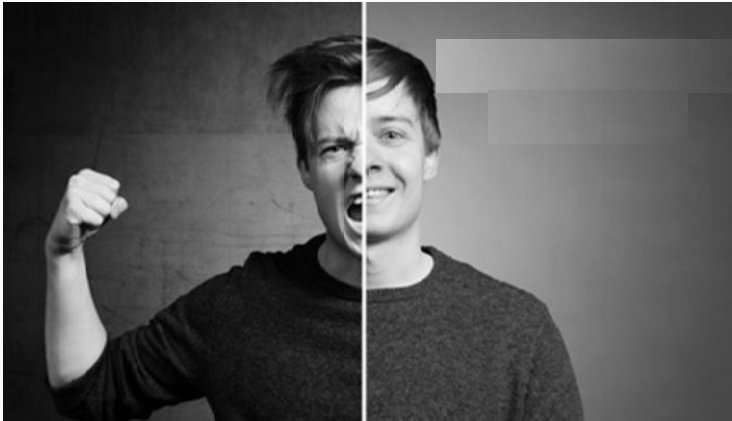
Learn to excuse yourself from any toxic conversation coming from a toxic source.

Don't act in the heat, try to cool off.

Any drastic action taken against the offender in the heat of anger may be disastrous.

Chapter

6



TIPS IN CONTROLLING ANGER REACTION

Controlling how you respond and react to anger is a person's sole responsibility. There is always a reaction to anger, however, only you can determine the outcome of the reaction to avoid regrets.

Some wish things to change in their lives, but don't want to accept responsibility. Wishing is ineffective without corresponding action.

I had a conversation with a young lady that was frantic about a change in her outrageous behavior. Her rate of anger reaction was so high. When she approached me, we talked at length, and I told her about the anger reaction phase I passed through in the past and what I did that helped me to improve myself. I encouraged her to take a conscious step to change her reaction. She was delighted and she appreciated me, but she told me, she won't be able to do them. She wishes things will just change in her life, and she wishes to wake up one morning and stop reacting to anger the way she does.

Her most concern was, as I recall, that it was affecting her relationship with her little daughter, and she was fed up with herself already. She won't be able to train herself to change but she wishes everything will change so that

people around her will enjoy her without experiencing her hyper reaction to any slight provocation. "I wish I can do all these and change, but I can't.

Thank you for your time," she said. And that was the last time I heard from her.

This is a true life story and so many persons are still in that category today. You will have to effect the change you need.

There are 3 vital qualities to build before we start listing out how to control your reaction.

1. **Patience:** some are naturally patient. Having patience in one area is not an automatic criterion that you will have patience in all things. The degree of patience in human varies.

This is not a difficult thing to do, it is a conscious decision to make, backed by a corresponding actions. Patience can be built, yes!

This is your ability to build a habit to be calm in irritable, provoking, and annoying situations, and suppress your rate of reaction in challenging moments.

There is also a difference between being patient and wasting time. When you develop this attribute as a way of life it will help regulate your words, actions, and reactions. Having patience will enable you to deal with your rash reaction. Doing this helps you to be in control of your reaction to anger.

Building patience is a personal decision to make and a responsibility. Patience will help you see the things that anger blinds you from seeing.

Reconstruct how you think and it will help you to develop a different view or perception to every situation.

2. Tolerance: Everyone can build tolerance skills. This is the ability to tolerate. All you need is to make that decision and act on it. Being tolerant doesn't mean that you can't act right when the need arises, but it helps you to know that everyone isn't perfect and we all are 'work in progress'; You do this because of you.

Also, know that everyone has their own opinion about life. Their thought and behavior are different from yours and you can't force yours on them, rather you let them see reasons with you. Building tolerance will help you catch a glimpse of every situation from the other side of the coin.

3. Forgiveness: there is one vital thing to note in forgiveness. You forgive not because of others but first because of you.

When you refuse to forgive, and you build up anger, it will affect your reaction, and you won't be able to think productively.

When you refuse to forgive, you get hurt more than your offender. So you see, forgiveness is more beneficial to you than your offenders. You need it more than they do. You are the first to benefit from your forgiveness.

We will look at ways to control anger reaction from two perspectives; first, from those that react against themselves when they are angry, and those that react against others and also their environment.

Tips on controlling Anger Reaction against one's self.

- 1) Understand your kind of person, and the anger reaction you have displayed in the past.
- 2) Evaluate your actions, and identify what you did wrong that you wish you could have done differently, to handle the situation rightly.

3) Don't dwell on your past mistakes. Open your mind to learn new ways of handling the situation and monitor your progress. You can take record of your process of improvement and assess yourself from time to time.

4) Renew and develop your mind.

Mind renewal and development can't be overemphasized. The mind is your control panel. Do an intentional work on your mind to have a change.

Improve your thinking pattern and master the act. Deal with your fears and low-self esteem. (Read good books that can help you become the best version of yourself. Open your heart and be intentional about your decision).

5) Develop Self love and forgive yourself:

Loving yourself is a vital step you need to implement today. Self-love stimulate the better part of you. A heart of love is a heart of positivity. Love is a vital ingredient for a more productive lifestyle. Forgiveness is one thing we do for ourselves, one thing is always sure, when you forgive, your peace is restored. Unforgiveness is a thief of peace.

6) Be the primary source of your happiness.

Don't build your happiness on people, things, or food. You own your happiness, give it to yourself. Drinking or smoking does more harm than good, and they are only temporary sources of happiness. Keep your 'joy bank' intact, and avoid the intake of harmful or poisonous substances. A healthy life produces a happy life.

7) State the truth:

Stop taking the blame and punishing yourself for the actions of others, politely let them know how bad they made you feel or what they did to you that you dislike; then free them from your mind.

8) Know and understand that people's actions are the direct reflection of who they are and that is their problem, not yours.

9) Identify and recognize what easily trigger your anger, and avoid it. If your reaction to anger is usually from abusive talkers, try not to get into too much involvement with them to protect your mental health.

10) Don't over trust people with your emotions. I have come to realize that the people you trust too much are just those that hurt you the most.

11) Don't expect too much from people. Yes, I Know you hold them in high esteem, but also know that we are all humans, and man can fail at any point. It is only God who doesn't fail.

12) **Build emotional intelligence:** Develop the ability, capacity, or skill to perceive, assess, and manage the emotions of yourself and others. Develop a thick skin to be able to build your emotions. Filter every word you hear, and trash the unhealthy ones immediately. Don't allow it settle in your mind, don't give toxic words a place in your mind.

13) **Set Boundaries:** Draft a list of what has caused you so much pains in the past and made you react negatively against yourself and others, be on the guard against those things, and try to avoid a repetition. Let people know your boundaries, and make them respect it.

14) **Guard your heart with all diligence.**

Know when to make use of your delete button and press it immediately toxic words are thrown at you.

15) **Recognize and deny access to toxic people.**

Do all you can to avoid toxic people. In some cases where you really cannot avoid them, don't take their words or actions to heart.

16) Enforce consequences on boundary breakers, don't make excuse for them.

17) **Talk to a trusted person when you feel heavy.** This can help you feel relieved and help you ease your burdens.

18) **Never contemplate suicide.** Suicide is never a solution to any problem. Your life is an inspiration to someone else. Don't take your life, rather, make your life a blessing to others.

19) **Cultivate a grateful attitude everyday.** Make it your daily responsibility to be thankful for life. Keep your hope alive. No matter what you are faced with, don't stop being grateful to God. God has a purpose why He created you, and He is not through with you yet. You are a work in progress.

20) **Don't meditate on, or sleep with anger it might grow into sadness and depression.** When you maintain your standard and boundaries, you will meet people who are good, kind, loving and amazing and that will learn to respect your boundaries.

21) **Ensure your emotional and mental health is properly taken care of.**

Have proper rest and reduce both internal and external stress. This will help minimize anxiety and help you to properly handle situations. It is easier to control how you react to anger when you are mentally and emotionally stable, and healthy.

Note: Starting and following the tips above works when you are intentional about putting it to work. It is not a one-day responsibility, but it requires consistent practice. The process may not be easy, but it promises to work for you, if you don't give up. You will be healed and will once more live a healthy lifestyle full of confidence and void of bitterness and depression.

Tips in controlling Anger Reaction against others.

- 1) Understand your kind of person, and the anger reaction you have displayed in the past.
- 2) Evaluate your actions, and identify what you did wrong that you wish you could have done differently, to handle the situation rightly.
- 3) Don't dwell on your past mistakes. Open your mind to learn new ways of handling the situation and

monitor your progress. You can take record of your process of improvement and assess yourself from time to time.

4) **Renew and develop your mind.** Mind renewal and development can't be overemphasized. The mind is your control panel. Do an intentional work on your mind to have a change.

Improve your thinking pattern and master the act. Deal with your fears and low-self esteem. (Read good books that can help you become the best version of yourself. Open your heart and be intentional about your decision).

5) **Build tolerance skill:** Do yourself a favour not to take everything you hear or see to heart. This will be of great help to you. If possible, carry along an invisible filter, so you can sieve what you hear and see in order to prevent it from contaminating your mind.

You must realize that as you go out every day, you will see and hear many things that could make you angry. Having tolerance skill, will help you to discern what to act on and what not to act on, and how to go about it as well.

6) Don't expect too much from people, I have discovered that most anger reaction are triggered by high expectations from people, so when they do otherwise, you get offended, disappointed, and begin to react wrongly. Humans are not infallible.

Handle this aspect by reducing your level of hope and expectation in people so that you don't get completely broken if they disappoint.

7) Have it in mind that people change in different ways and for different reasons. They can change due to the counsel they received, the books they read, the environment, those they associate or hang around with daily. The people you relate with are no exemption.

8) **Shock your offender:** don't act the way they expect you to act. Disappoint them and act agreeing with your conscience.

9) Put away the anger that you feel before reaching out to the next person to avoid transferring aggression. Know that you aren't the problem of your offenders, so try not to be a problem to others because you got offended.

10) **Do not be in a hurry to hit or destroy people or things.** Caution your mouth and your hand. Learn to value the human body. It is better you end a friendship if you cannot handle the constant offenses. You must realize that as you go out everyday, you will see and hear a lot of things that could make you angry. Having tolerance skill, will help you to discern what to act on and what not to act on, and how to go about it as well.

11) **Before you react, put yourself in the shoes of the person you want to react against.** Will you feel okay If you are treated in same manner? Don't react in a manner that you will not like someone else to react to you.

12) **Forgive the offender:** forgiveness can't be overemphasized. Unforgiveness is a stealer of joy and peace. When we forgive, we free ourselves from hurt, pains, bitterness and discomfort, then our joy and peace is restored. Forgive because of you; even when your offender do not merit your forgiveness.

13) If the situation is intense for you to control your anger at the moment, walkout of the scene for a while, until you are better enough to handle the situation.

14) Understand that life is created by God and no one is permitted to take the life of another. God will require the blood of the offender from you, if you resort to committing murder.

15) When you have the urge to say everything that is in your mind at that point when you are angry, try not to give into that urge. Don't say so many things at a time, you might say things you won't be able to account for. The words spoken might be used against you. Hurtful words are like scars, they hardly go away.

16) Avoid getting involved in an unhealthy conversation, ignore challenging questions and excuse yourself when you feel you can't endure.

17) Stay away from gossip that is focused on denting people's image and avoid getting over involved with people that do not have control over their mind and actions, so you can control your reaction appropriately.

18) Stay away from friends who are hot tempered people who cannot control and isn't ready to learn how to control their reaction to anger, if you are planning to control yours. They will only discourage you from trying. Except they decide to seek help, but know that

you can't change anyone who hasn't decided to change.

19) Don't be ruled by people's opinions, trust and follow the conviction of your conscience, if it's healthy and alive.

20) Don't react the way others react to you, if you do, there will be no difference between you and others. If people around see the other party as "mad" they should see you differently. They should see you as a light.

21) Look out for those that have mastered how to control their reaction to anger and associate with them. You will learn how to control yours by tagging along with them in time.

22) Guard your heart consciously. Build and make firm the gate of your heart. You know yourself too well, if you aren't capable to handle words thrown at you, guard your heart against such words and don't allow them gain access to you. Strive to protect your gates, your eyes (What you see), and your ears (what you hear).

23) Ensure your emotional and mental health is properly taken care of. Have proper rest and reduce

both internal and external stress. This will help minimize anxiety and help you to properly handle situations. It is easier to control how you react to anger when you are mentally and emotionally stable and healthy. Mastering how to take control over anger reaction is a favour you should do for yourself. Will it be easy? No, it won't.

However, it is possible and in the end, you will be glad you did. Consistent practice will help you improve. I encourage you to take up that responsibility today and help you. When you control your reaction to anger you protect your peace as well, and it is for your overall good.

Keynote for both reaction to self and reactions to others. Love is described in the book of 1Corinthians13:4-8, if you meditate on the qualities and manifestations of love, you will not harm yourself or others If you want to deal with negative reaction to anger, either to self or towards others, love is key. If you love yourself, you won't contemplate suicide, you won't starve or punish yourself when angry. Likewise, when you love others, you won't want to harm them, no matter how angry you get.

When you are intentional in practicing the attributes of love in 1 Corinthians 13:4-8 (love is patient, Love is kind; it doesn't envy; it doesn't boast; it is not proud, it does not dishonor others; it is not self-seeking; it is not easily angered; it keeps no record of wrongs. Love does not delight in evil, but rejoice with the truth. It always protects, always trusts, always hopes, always persevering, love never fails). Everything can be resolve amicable where love exist.

Furthermore, you can not love without the help of the Holy Spirit. Love is one of the fruit of the Holy Spirit. Submitting and depending on his help and leading will be a great help to you.

However, you cannot submit to whom you don't know. So, you need to create a relationship with Him, so you can be helped.

It's easy to create a relationship with him. This can be achieved by first accepting Jesus as your Lord and Saviour, believing in your heart that he died and rose for your sake, and confessing it with your mouth. You have the Holy Spirit in you when you confess the Lordship of Jesus Christ, and you have the power to love.

POINTS TO REMEMBER



*It is your responsibility to control
your reaction to anger.*

*There is always a reaction to anger,
only you can determine the outcome of
the reaction.*

*Know and understand that people's
actions are the direct reflection of who
they are and that is their problem,
not yours.*

*Recognize and deny access to toxic
people. Try to avoid toxic people.*

Chapter

7



**MAKE THE RIGHT
CHOICE TODAY**

To make the right choice, it has to come from a cheerful heart and a positive mindset. One's state of mind should be considered when making a choice. You need to be dedicated to the choice you make in life, making a choice without being dedicated to it will result in futility.

You don't make your choice just for today, you make your choice being conscious of the future. The choice you make will determine your life's outcome. It will make you to be exceptional, make the right choice today to stand out continuously. We are 100% responsible for the choices we make in life, whether we are influenced to do so or not.

Things to know about the choice you make:

- 1) Your choice is your responsibility; either positive or negative you will have to take full responsibility of your choice.
- 2) Your choices play a vital role in the outcomes of your life.
- 3) The extent you will go in life will be determined by the choice you make today. Deciding to change a way of life that doesn't suit your personality is a

good choice. A decision to change from a habit that can bring you down in the future is a good choice; a decision to change the wrong your attitude had portrayed in the past is a good choice; a decision to change from a habit that can bring about sudden unplanned disaster is a good choice that needs to be given serious attention.

Be intentional about your choices today. No one can change you except you decide to change and follow through the process that best facilitate your change.

The first step to get the result you need is accepting change, and taking responsibility to effect the change you need. Consistency birth productive result. Another way to make this change effective is retracing your steps to your maker, surrendering to Him completely, making Him the Lord over your life, and He will help you and direct your path.

Anger Reaction can be controlled, and it is possible to control yours if you can be intentional about following through the process.

POINTS TO REMEMBER



You have the power to make the right choice.

The choice you make today will determine your life's outcome.

We are 100% responsible for the choice we make in life, whether we are influenced to do so or not.

Your choice is your responsibility either negatively or positively, You will have to take full responsibility.

Daily Prayer Point

*For I, the LORD your God will
hold your right hand, saying to you,
Fear not, I will help you.
(Isaiah 41:13)*

*Lord, Help me to manage my
emotions, don't allow my emotions
to control me in Jesus' name
Amen.*

ABOUT THE AUTHOR



ABRAHAM ZORTE is a Biomedical, Scientist, Researcher, Creative and Inspirational Writer, Educator, Public Speaker and Author.

She is a humanitarian and founder of TEEN'S HELP FOUNDATION (THF); a non-governmental organization that is focused on impacting lives positively; building and modeling teens and youths to become better persons.

ABOUT THE BOOK

"ANGER REACTION & CONTROL TIPS", is for everyone, there is no one immune to anger. During my research, I found out that people get angry and react to it differently. The difference in reaction displayed is as a result of maturity and knowledge acquired and applied.

Most times, we might not be in the right position to have control over what people do to us, but we are 100% in control of our reaction to the situation. However, we can't completely control our response except we acquire knowledge.

This book will open your eyes to the different types of reaction to anger, it will help you identify yours, you will be provided with measures to keep them in check. The process may not be easy, but it will be worth it in the end.

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