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How to Use
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Instead of
imagining

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yourself in
another positive
situation,
imagine yourself
in the same
situation that
caused your
anger, but
without any
feelings of
anger. Imagine
yourself in the
same (or
different)

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situation, but
feeling a
negative emotion
other than anger
(for example,
sadness).

Emotions compete
with one
another.

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is a useful
technique for
managing stress
and coping with
difficult
situations. In
this technique,
you imagine a
scene, time, or
place that is
peaceful and
that has an
emotional
connection with

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you. Step 1:

Find a quiet
place. Step 2:

Choose your
setting. Imagine
yourself there,
use all of your
senses to
immerse yourself
in the
experience, and
include as many
details as
possible.

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With the help of
an instructor,
guided
meditation for
anger will help
you identify the
feelings of
anger and use

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focusing on the
breath to better
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thoughts and
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associated with
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frustration and
of course,
anger.
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also help slow

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yet another
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reduction. These
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involve the
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- Help for ...

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few areas to
begin this
process to deal

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with anger by
relaxing your
muscles.

Starting with
your hands and
arms, first
tighten your
hands into
fists. Feel the
tension in your
hands and arms.
Hold....
tighter....
tighter.... and

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relax. Let go,
allowing your
hands and arms
to be relaxed,
loose, and limp.

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Relaxation. This
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relaxation

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how to deal with
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and effectively

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controlling
anger in a
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productive way.

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this practice

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view of what
lies beneath
anger. Close
your eyes and
call to mind
something that
makes you angry.
Experience the
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sensations of
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truly wish to
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show you what
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chest or on top of one another might also be helpful as an “anchor” to your guided imagery exercises.

Research shows that less than 10 minutes of guided imagery can produce many benefits, so feel free to set

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a clock for the amount of time you have available, or allow your body to do its thing naturally.

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Dec 8, 2015 -
Explore Crystal
Costello's board
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Anger Management
puts mindfulness
into action with

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transformative
skills and real
strategies for
overcoming anger
and taking
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emotions.

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energy, see it

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frustration and
annoyance to
aggression and

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that focus on
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affects life,
including work,
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and personal

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Guided imagery
is a relaxation
technique that
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to engage the
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imagination for
healing. It is a
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therapeutic tool
that uses
“scripts” to

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focus and guide
their
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for

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helpful healing
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The opening
chapters present
the groundwork,
explaining what
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is, how it
differs from
mindfulness and
hypnosis, how it
works, and how
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the most common
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about life
changing
results.

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things? Being

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worried all the
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amount of
expectations:
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all the time,
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relationships as
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like to have

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you agree with
any of the above
questions, then
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