

Do you ever get angry or outraged?

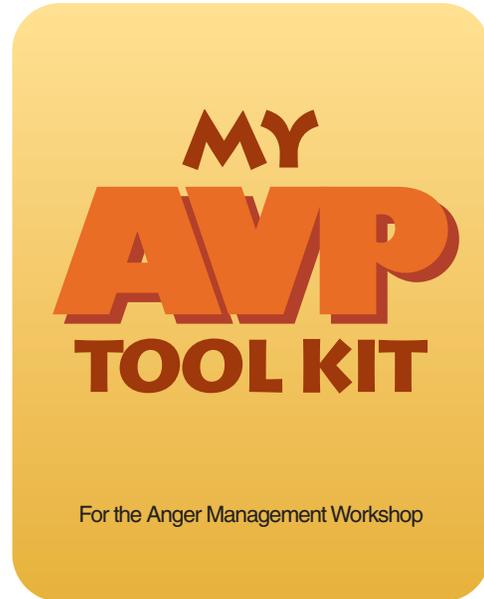
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I'm a human being. Generally speaking,
if a human being never shows anger,
then I think something's wrong.
He's not right in the brain.*

*The Dalai Lama
Time Magazine Interview
Pune, India, June 2010*



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The Guides to Transforming Power

1. Seek to resolve conflicts by reaching for common ground.
2. Reach for that which is good in others.
3. Listen before making judgments.
4. Base your position on truth. A position of falsehood will not long prevail
5. Be ready to revise your position, if it is wrong.
6. Expect to experience great inward power to act.
7. Risk being creative rather than violent.
8. Use surprise and humor.
9. Learn to trust your inner sense when to act and when to withdraw.
10. Be willing to suffer for what is important.
11. Be patient and persistent.
12. Build a community based on honesty, respect and caring.

- Underneath many current angers are old disappointments, traumas and triggers.
- We get angry when a current event brings up an old unresolved situation from our past.

Ways of dealing with our own anger:

- **Suppress it** – Symptoms of repressed anger are: hypersensitivity; inflexibility; fear of rejection, conflict, abandonment, over achievement and over control.
- **Express it**– Momentary release, which temporarily reduces tension but does not reduce stress.
- **Defuse it** – Reduces tension and stress momentarily, but does not deal with cause of anger.
- **Transform it** – Change your relationship to the cause of your anger so it will not have the same effect on you next time. This can be done by: prayer, meditation, talk to someone about it, talk to the person you are angry with and, finally, self-talk.

Dealing with others' anger:

- Acknowledge your responsibility
- Remember, "Hurt people hurt other people."
- Calm the other person: model calmness, show understanding, ask questions.

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