

How to control your anger and bad moods

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I am writing my article in the light of Dr James P. Comer, professor of Psychiatry, Yale University. Here is a message for the people of the world—Dr Comer says about angry age. This definitely is an angry age; there are no statistics to prove it, but all the people are fighting about minor traffic disputes and shouting at each other for crowding into a grocery check-out line to know this is so.

People sense the world is closing in on them, that there are too many people around, and that they are getting ripped off.

Now the conditions have been changed, fifty years ago life was much more rural, and people knew and trusted each other. Every body knew what the rules were in dealing with each other, now we are a mainly urban population, and that sense of direction has been lost.

Another problem is that the institutions that used to teach people control over themselves warned to contract this by teaching children how to handle problems how to talk things out? We should concentrate on teaching children to express themselves as they please, and this has to be balanced with

more focus on responsibility.

In big cities we have seen now parents are exerting more control over their children and teaching them to control themselves. Anger is a normal and healthy emotion. It's desirable to display anger at certain times and release it at appropriate times, otherwise you can develop psychological and physical problems by strong ups when we reach the absolute limit of our patience.

Once in a while, well-focused anger is effective in getting what you think is right. The research studies have trouble showing the relationship between violence and reaction by individuals.

Many people create their own problems by organizing planning and ruining their lives badly. For example, you should give yourself the half hour of grace you need to make it to the railway station on time rather than running out there at the last few minutes, so that you don't explode if a guy cuts in front of you in traffic.

People feel hurt when they lose something, friendship, a loved one, self-esteem. When you feel hurt; try to understand what it is that you have lost.

What should you do when you feel hurt and know who

hurt you?

If possible, approach the person face to face and tell him that he hurt you, how he hurt you, and exactly why you feel this way. Why tell him? Because, like it or not, your feelings will demand to be expressed in one way or another.

Whenever possible, try to identify your moods. Being absorbed in your work, for example, or taking pleasure in physical exertion these are positive feelings most people don't pay much attention to such feelings.

Negative feelings are a different matter. When you are in bad mood, try to characterize it. Sit down in a quiet room, close your eyes, and let your mind go blank for a few minutes. Then concentrate on your feelings. Ask yourself what is it that I am feeling? Write down the adjectives that best describe the way you feel, and try to group them under one general mood, such as angry, hurt, anxious.

Have you felt like this before? What causes similar bad feelings? What could you do now that would make you feel better?

No matter what we call them, most of our bad moods are merely manifestations of certain basic feelings.