

HOW YOUR LIFE CAN BE DIFFERENT IF YOU WORK TO CHANGE THE WAY YOU EXPERIENCE AND EXPRESS YOUR ANGER

An important part of changing any attitude or behavior that is not helpful to us is to clearly identify the very real benefits that can become a part of your life if you actually work to make this important change happen. You have to be able to visualize “a new and different you” if what you do with your anger is actually going to be different from what you have done in the past. Below are some of the reasons that people have offered in this program to help motivate themselves to do the hard work that is necessary to change this important aspect of who they have been. See if they make sense to you and then think about and add some of your own as a way to motivate yourself to work hard to do what you need to do to transform what you do with your anger at this point in your life.

“WHAT WILL MY LIFE LOOK LIKE AND FEEL LIKE IF I MAKE THE DECISION TO ACTUALLY CHANGE HOW I EXPERIENCE AND EXPRESS MY ANGER?”

I will feel better about myself: I will experience more self-esteem, more self-respect, and more self-confidence in my daily life

I will be closer to other people and I will have more meaningful and healthy relationships with others

I will feel as if I am a real part of my family

I will feel more authentic and genuine

I will feel calmer and more relaxed more of the time

I will be more loving, supportive, respectful, and trusting of others

I will feel more loved, supported, respected, and trusted by others

I will be less stressed, tense, agitated, and depressed in my day-to-day life

I will feel less fear and anxiety in my daily living

I will experience less guilt and remorse about what I have said and done with other people

I will be more open and vulnerable with the people who are most important to me

I will have more self-control over who I am, what I say, and what I do

I will be able to clearly identify and then express more of what I actually think, feel, want, and need

I will be able to accept more personal responsibility for my thoughts, feelings, actions, and inaction

I will be able to address and handle issues and problems when they come up in my life (as they always will!)

I will be able to handle conflicts and disagreements with others more effectively when they do arise (as they always will!)

I will be more assertive, open, honest, and respectful in my interactions with other people

I will be more aware of my negative, cynical, and judgmental self-talk and I will intervene more effectively in this self-talk whenever I experience it in my daily living

I will become a more positive person and develop more positive “momentum” in how I am actually living my life

I will be more likely to actually enjoy my life and my time with my partner, my family, and other people

I will be more focused on the present rather than on the past or the future

I will experience fewer physical symptoms and health problems

I will live a healthier lifestyle and take better care of myself both emotionally and physically

I will experience fewer negative consequences and more positive rewards in my daily living

I will experience a sense of empowerment and a stronger sense of personal power and competence in my day-to-day living

I will be more happy, have more “fun,” and feel more joy, satisfaction, and fulfillment in my life

I will be more flexible and more open to all kinds of people and situations that are part of my life

I will be more willing to take initiative and to take more positive risks in my daily living

I will be more accepting of people and situations in my life, more patient with others, and more able to recognize and “let go” of what I can’t control

Other people are more likely to be assertive, open, direct, and honest with me

Other people are more likely to trust me and actually feel safe when they are around me

My children will be more likely to handle their anger and their other emotions more effectively in the present and when they get older because of the healthy example I am setting for them right now

I will be able to more readily maintain my perspective on what is really important to me in my life

My world will be a more peaceful, serene, and happy place and I can actively contribute to the larger world around me becoming that sort of place as well