



Turn Anger into Compassion

NAME:

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This worksheet is a supplement training guide to “**How to Change Anger to Compassion**” video published on June 18, 2016.

Check out the link for our free resource: <http://journeytopersonalgreatness.com/greatness-training-guide/>

How do you deal with people who seem irritated, angry, and upset? Do you feel afraid or tense? Do you defend yourself, apologize, or explain? Do you just want to punch or kick something? Do you want to run or hide? Dealing with anger is stressful, right? Well, not necessarily. We often see grief, anxiety, or anger as threats to our wellbeing that must be contained and controlled. But how do we transform our anger to compassion?

When you take things personally, you feel disrespected and offended. Think about it. Do you want your happiness to come from your inner ability to respond to anger positively? Or do you want your happiness to depend on whether other people act or say?

How do you cope up with anger?

Dont take it personally. Be mindful and have compassion for yourself and other people. Most of angry people are probably not all that happy, either. Your compassion for them will not weaken you; actually, it will make you feel better. When you do this, you naturally get calme. Put the situation in context, and don't get so caught up in their drama. Then you feel better, plus more clear-headed about what to do.

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