Twitter Thread by Seek Wiser

Seek Wiser
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If You Want To Control Your Anger, read this:

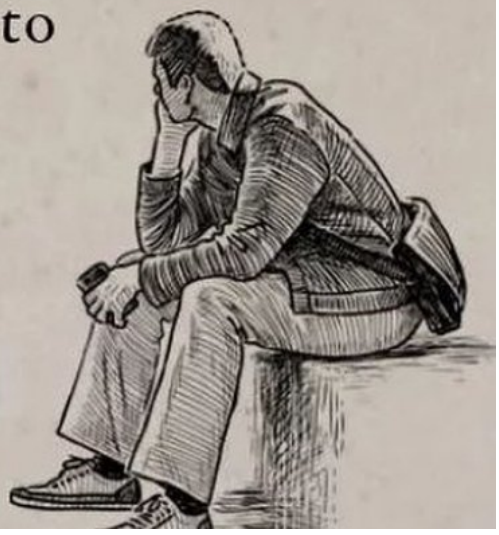
How to never get angry!



1.

1. Self-monitoring

Spot early warning signs of anger, to nip it in the bud before it escalates. Fon example, you might notice that your voice begins to change, or that you frown or your muscles tense, when you're beginning to grow angry, or you may think of someone's actions as unjust or in violation of a personal rule.
("How dare she say that to me!")



2.

2. Cognitive distancing

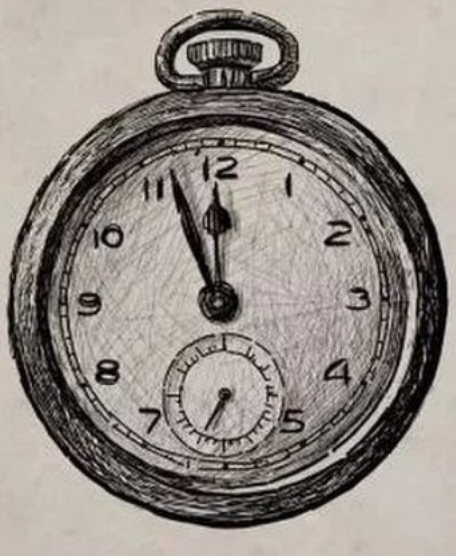
Remind yourself that the events themselves don't make you angry, but rather your judgments about them cause the passion. ("I notice that I am telling myself How dare she say that,' and it's that way of looking at things that's causing me to feel angry.")



3.

3. Postponement

Wait until your feelings of anger have naturally abated before you decide how to respond to the situation. Take a breath, walk away, and come back to it a few hours later. If you still feel like you need to do something, then calmly decide upon the best response;
otherwise, just let it go and forget about it.



4.

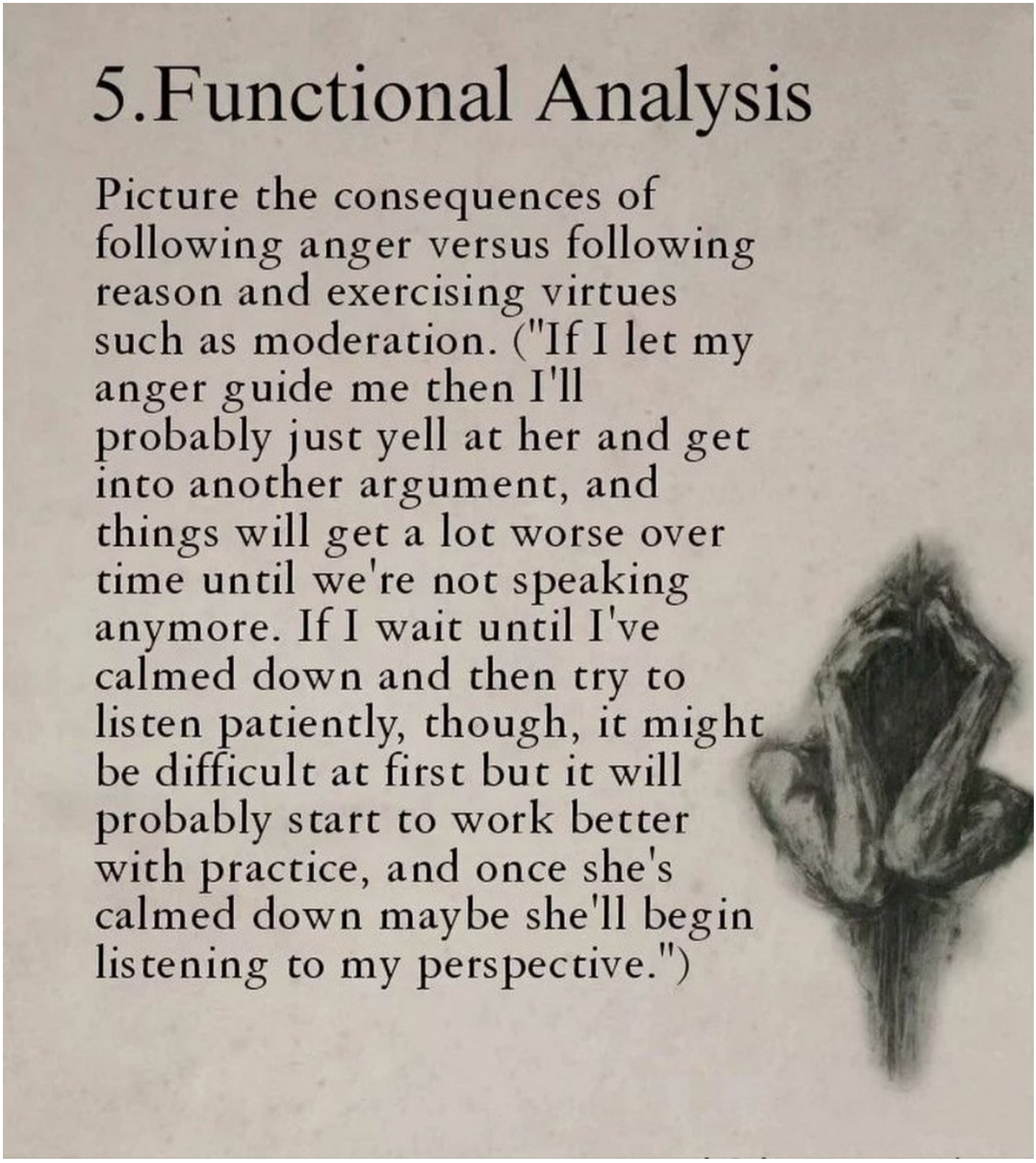
4. Modeling virtue

Ask yourself what a wise person such as Socrates or Zeno would do. What virtues might help you to respond wisely? In your case, it might be easier to think of a role model you're more familiar with, like Marcus Aurelius or someone you've encountered in your own life. ("A wiser person would try to empathize, put themselves in her shoes, and then exercise patience when they're responding...)





5.



Control your Emotions
Control your MIND.
Control your life.
Work on Mental Models:

- learn big ideas
- study bug disciplines
- practice critical thinking
- strengthen your vision and leverage

Think differently.

Grab your copy here:
https://t.co/z5v6RZJuFx

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Thank you.