

Hypnosis And EFT For Anger Management

While hypnosis alone can reduce or even eliminate anger by fostering a sense of hopeful resignation about life and about one's self and self worth, I use it as a positive reinforcement of the clients emotions after I have neutralized the anger and other negative emotions with EFT (Emotional Freedom Techniques).

Hypnosis can help calm and relax in general and can help resolve issues and fears about the unknowns of the future. Hypnosis can help resolve some of those larger, tougher issues that linger, taking space in one's mind even after EFT procedures..

Hypnosis can interrupt cyclical thinking and negativity, providing a realistic, practical sense of empowerment, resignation to what cannot be changed, resilience and hope.

Anger is a very primitive emotion and is a counterproductive experience in most situations. When angry, a person might be effective in a physical fight or might be able to achieve some feat of physical strength where the intellect is not called upon. But, situations where anger is helpful in modern day life are few and far between.

Basically, generally, anger is counter-productive. Anger -- even mild anger or irritability -- causes a lessening of one's ability to use reason, an aging of one's skin, a disruption of one's digestion and a raising of one's blood pressure and risk of heart attack and stroke.

The underpinnings of anger can be very complex. Some individual simply have a chemistry problem that makes them feel chronically irritable, more likely to explode and be angry. Low blood sugar is a common cause for these feeling.

Some people develop a tendency to be angry like others develop a tendency to hunger for narcotics -- it feels good in spite of problems that come later.

Some people learn to savor, collect and swim in anger because of role models.

Dealing with these problems may be beyond hypnosis tapes/CDs -- though there is some hope that they could help. But, one-to-one personal hypnosis combined with the new EFT techniques is very effective in all but the most extreme cases.

Anger is a fear based emotion that is usually the outgrowth of a fear of a loss or the consequences of a loss

Things on the mind and negativity as underpinnings of anger. Anger is often fostered by a combination of a) too many things on one's mind and/or b) a vague to blatant sense of hopelessness and negativity about one's abilities, one's prospects for the future and/or one's self. It is with respect to these and perhaps a few other issues that anger problems can be helped through the use of hypnosis and hypnosis tapes/CDs. Having too many issues on one's mind is a significant contributor to anger and is the most common underpinning of irritability in

individuals who are not simply chemically challenged (those whose genes underlie the challenge of chronically feeling irritable).

Too many things on one's mind increases the likelihood of anger. Anger is best dealt with by simply avoiding it. One of the ways anger is avoided before happening is by assessing a situation from alternative perspectives and finding one that seems to make things okay. For example, if your neighbor has company and they leave a mess that blows into your yard, you might initially be angry but then you re-evaluate the situation, reminding yourself that you have had company that left messes that may have blown into his yard or that it's easy to become overloaded and miss things when having company visit. It is the capacity to think things through from other perspectives that keeps one from seeming irritable and angry. It is the lack of capacity to think things through -- because of too many things on one's mind -- that makes one irritable and quick to anger.

Just because you think you dropped thinking about something, doesn't mean you're not still thinking about it. It's easy to think you are only thinking about one thing at a time, but actually most people can think about several things at once -- even though they may not realize it. An example of how one can be thinking without realizing is the occasion when you are looking for something or trying to remember something and you rack your mind and finally give up. And then later on the answer pops into your consciousness as a revelation. Such occurrences are not examples of messages being beamed into your brain from outer space. Such occurrences are examples of your mind sustaining a thought, a questioning, a searching for an answer, long after you thought you stopped thinking on the subject.

When you have concerns, worries, fears on your mind, you are more likely to be angry. The number one way to reduce anger is by resolving issues and thus reducing the numbers of concerns on one's mind taking up space.

Negativity leads to pessimism and poor perspectives, which leads to anger.

Another general area of anger prevention is attitude -- positive attitude. Positive attitude reduces anger. Negative attitude increases anger. Having a positive attitude is something of an art form. It usually takes a sort of over-riding belief that everything will be okay in the long run. You can call this faith or hope or resignation that things are going to be tough but also fun and at the end one dies -- inevitably and inescapably and acceptably -- acceptable because either there will be nothing after death and thus no disappointment or fear, or there will be something after death and thus maybe there has been some sort of purpose to the hard times and the ups and downs of life.

Accessing inner levels of thinking where attitudes, fears and anger seem to hide away from easily changing or mediating. Attitudes, anger and fear are not easily changed. They have foundations in the deeper levels of thinking not usually readily accessed by what is called "conscious" thought. These deeper levels are usually called "unconscious" levels but the term means unconscious only in the sense of being able to "hear" yourself thinking there. The thinking that happens there is "thinking" -- at least much of it is -- but one doesn't feel one's self doing it. Interestingly, though, and luckily, there is a means to not only access those deeper levels of

thinking, hypnosis provides a means to speak to those parts of the mind. It is not possible to alter who a person is with hypnosis but it is possible to convince a person of the benefit of making changes that are logical and practical and in the person's best interest.