

## **From Anger to Calm: Transform Stress into Peace.**

Hello, friends, and welcome back to another session! Today, we're diving into a topic that touches everyone's life—one we all experience and often regret: anger. You know that feeling, right? When things don't go as planned, or someone says something hurtful, and suddenly a hot wave builds inside you. It could be small, like traffic cutting you off, or bigger, like feeling disrespected by a loved one. No matter the cause, anger can hit fast and take over. But have you ever stopped to ask: Why do I get angry? What's really going on inside? And how can I handle it without making things worse? In this session, we'll explore what triggers anger, its real roots, and easy steps to stay in control for a calmer, happier life.

No matter what causes it, anger can come suddenly and then take full control. But have you ever paused to think: Why do I feel angry? What's truly happening inside me during those moments? And the biggest question—how can I handle it so it doesn't harm me or those close to me? In this session, we'll look closely at what starts anger, find out its real sources, and learn easy, everyday steps to deal with it in a calm and helpful way.

Let's start with the main question: Why do we get angry? Anger happens when things don't go the way we expect or want. It's like you have an idea in your head about how life should be, and when reality doesn't match, you feel upset or annoyed. For example, someone might not behave how you think they should, or an unfair event occurs. This could be small, like a coworker claiming your good idea as their own, or more personal, like a friend breaking a promise. At that moment, you think, "This isn't fair!" or "How could they do this to me?"—and that's when anger begins to build.

At its core, anger often comes from feeling mistreated or from clinging too tightly to your own beliefs about how things should work. For instance, if you strongly believe in something and someone challenges it, that can spark anger. Imagine you follow a certain religion deeply, and a person questions it—you might feel attacked right away. Or suppose you're attached to the idea that "I deserve respect from everyone," and a loved one talks down to you; it feels like a direct hit, so anger rises. Even a strong want for something—like a job promotion—can turn to anger if obstacles pop up. The tighter you hold on to these expectations or desires, the quicker anger kicks in when they're blocked.

Or think about a moment at home. Say you ask your partner to do a simple job while you're busy with work—like picking up the kids or paying a bill. They say, "Sure, I'll do it," but when you get home, it's not done. Your first thought might be, "Come on, it was such a small thing! Why can't they just do what they said?" Before you know it, you're very mad, thinking again and again about other times they let you down. These moments show how anger starts with one thought—something like "This shouldn't happen"—and then grows bigger like a snowball.

When anger comes, it's not just a thought. It's something you feel in your whole body. Your heart beats fast, your chest feels tight, and there's strong energy moving through you. It's like your brain is yelling, "Do something! Make this feeling go away!" You might want to attack, to say something mean like, "How could you be so careless?" or "You're such a jerk!" But here's the thing: reacting right then often makes things worse. If you yell at your partner, they might yell back. Suddenly, a small problem turns into a big fight, with both of you saying things you don't mean. Words come out that you can't take back, and later, you're left with that bad feeling of regret, thinking, "Why did I let it get that far?"

Now, let's go a bit more. Sometimes anger does not just come quickly—it grows slowly. Say someone does bad to you, like a friend who tells lies about you or a coworker who blames you for something. Your first thought might be, "What a bad person!" That thought feels very true right then, but if you keep thinking it again and again, it gets bigger. You're at work, trying to pay attention, but your mind keeps going back to what they did. Maybe you talk to a friend about it, and they say: "Yes, that guy is the worst!" Now that thought feels even more strong, like it's a fact. By the end of the day, you're so upset that if you saw that person, you might say or do something you would feel sorry about later. It's like that one small thought—"What a bad person"—has taken over your whole mind, turning a small spark into a big fire.

Here's a question for you: Does anger just happen to you, or do you choose to get angry? A lot of us would say, "It just happens! I can't help it!" But that's not true—you always have a choice whether to get angry or not. The truth is, you have more control than you might think. Think about it: There are times when you feel angry but don't act on it. For example, if a police officer stops your car and says something that feels unfair, do you yell at them? Probably not. You stay calm because you know there could be consequences—like getting a ticket or something more serious." Or at work, if your boss says something bad about you in a way that hurts, you might not say anything back because you don't want to lose your job. In those moments, you're choosing not to let your anger take over. You're showing that you can control it when you want to. So why is it harder to do that with, say, your spouse or your kids? It's because the risks feel different. With family or friends, you might feel safer letting your anger out, thinking, "They'll get over it."

This helps us see: Anger is not something that just "happens." You are not helpless to it. You are making a choice, even if it does not always feel that way. When you get mad at your parents for not listening or snap at a friend for letting you down, you are choosing to show that anger.

If you can choose to feel angry, you can also choose not to. It's not about acting like you feel nothing—it's about picking how to respond. Imagine you're at home, and your child spills milk all over the floor after a long day. Inside, you're very upset, but you know if you shout, it might scare them and make things worse. So you take a deep breath, say it's okay, and clean it up together. You're still angry, but you've chosen not to let it rule you. That choice is your strong power. Every time anger starts to grow, you have a short moment—just a quick second—where you can pick: Do I act fast, or do I wait?

Let's talk about how to use that moment. The first step is to take blame for your anger. Stop saying, "I can't help it, it just happens." Instead, try saying, "I have power to choose, and I can choose to handle it differently." It's a small change in thinking that will make a big difference. It puts you back in control. The next time anger comes, promise to wait, even for just a couple of seconds. Don't say anything, don't do anything—just see what's happening inside you. Feel the heat in your chest, the fast thoughts, the want to act. That wait makes a small space between the feeling and what you do. In that space, you're not just acting without thinking—you're using your intelligence, your ability to think and pick. It's like stepping back from the edge of a cliff. You're giving yourself a chance to ask, "What's really going on here? Is this worth getting upset over? What's the best way to handle this?"

That pause is where the real change happens. It's not about hiding your anger or pretending it's gone. It's about giving yourself space to look at the situation clearly. Maybe you realize the person who upset you is going through a rough day, and their words weren't aimed at you. Or perhaps you see that getting mad won't solve anything—it will only make you feel worse. By taking that moment to wait, you're connecting with a deeper part of yourself, a part that's smart and intelligent, even when your emotions are running high. This is what sets us apart from animals. Animals react instantly—they have no choice. But you do. You can feel the anger and still choose what to do next. That's the true power of human intelligence: to respond wisely instead of just reacting.

Now, even with this new way of thinking, anger will still show up. That's because it's a habit, and habits need time to change. Years of reacting the same way won't disappear quickly. But here's how you can begin to shift things. When anger comes, don't be too hard on yourself. Instead, accept it like this: "Okay, I got angry. I chose to react that way. But next time, I can choose better." Each time you notice it, you're creating a new habit—one of awareness and self-control. Over time, that short pause will feel natural. You'll begin to spot patterns, like certain moments or people that trigger it. Maybe it's when you feel ignored, or when plans fall apart. Once you recognize those patterns, you can prepare for them. You can remind yourself, "Alright, this is one of those moments. I'm not going to let it control me." That's way you can control anger, but anger won't be able to control you.

Let me tell you a big secret. If you make peace of mind your number one priority in life, you'll avoid getting caught in small, silly arguments. You'll see that reacting quickly without understanding—like snapping back or saying something hurtful—only causes more problems. The other person gets mad, they respond sharply, and soon, you're in a loop of arguing that tires everyone out. When peace is what you aim for, you understand these tiny fights aren't worth it. You'll choose to pull back, not because you're weak, but because you care more about your inner calm than winning a small disagreement.

Now, this does not mean you become someone who lets others push you around or never feel angry. There are times when anger is needed—when it is right and fair. For example, if someone is rude to your mom or goes too far, you are not going to stay quiet. You will stand up and fight, and that is okay.

The main point is that when keeping your mind calm is your top goal, you choose your fights

smartly. You save your anger for the times that really count, the ones that need your strength.

The small stuff—like someone saying a mean thing or not seeing you—won't upset you anymore. Why? Because you know those thoughts, those little annoyances, will only take your peace away. You'll start thinking, "Why let this ruin my day? Why give up my peace over something so tiny?" And with that kind of thinking, you'll slowly become calmer, wiser, and more steady from inside.

Even more, you'll start to understand how much anger is appropriate in any given situation. Prioritizing peace doesn't mean you go silent or let people walk all over you.

No way. If you want real peace, sometimes you have to fight for it—not with reckless outbursts, but with clear, thoughtful responses. There are moments when anger is the right tool, when it signals that something needs to change or be addressed. It's not about staying quiet in those situations; it's about acting with intention.

You learn to look at the situation and decide, "Okay, this is where I need to hold firm, and this is how I'll do it." It all comes from understanding—knowing when to let things go and when to speak up, using your anger as a tool for good instead of something that destroys. That's the clear thinking that happens when peace of mind guides you.

In conclusion, understanding anger starts with seeing that it often comes from our own expectations and attachments, but by pausing, choosing wisely, and realizing our inner completeness, we can let it go without letting it control us. This brings true freedom and peace, where we respond to life with calm strength rather than reacting fast.

I hope this session has given you helpful ideas to try in your daily life.

Thank you for giving your time.