



IS YOUR
ANGER
MESSING UP
Your
Relationship?

A Delightfully Simple,
3-Step Guide to
Managing Irritability.



By Lisa Esile

Anger is a CURIOUS THING.

We all know what it's like to feel annoyed with someone close to us.

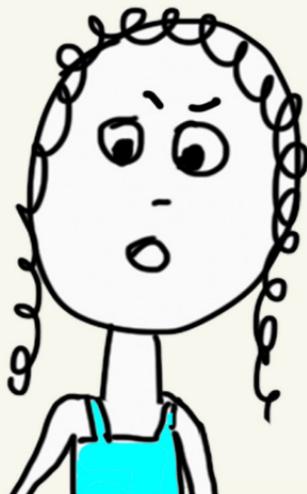
To have the ensuing conversation "not go well." Or to do or say things we regret.

We never want this to happen. Yet it easily can.

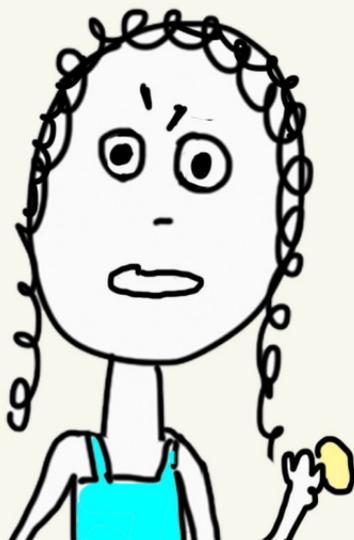
And why is it so hard to express yourself. What "they did" makes you feel terrible, yet you can't explain why. Not really.

You're always late, well sometimes you are...

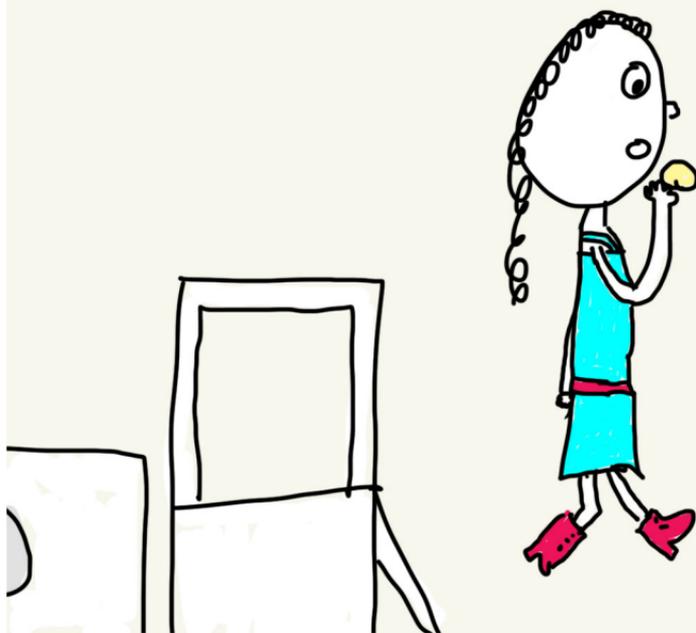
And you never taped Mad Men like you said you would. Or washed the windows...



And now that you're here you're eating too fast and reaching over onto my plate and eating my chips because you've finished yours.



AND I've got my period, you know
how sensitive that makes me.



You could put a psychiatrist's couch
through the holes in your argument.

But do you stop?

OF COURSE NOT!

You have to sort this out. You can't
feel like this again.

So you

Yell **LOUDER**

Sulk **HARDER**

Talk longer.

And before you know it you've spent
three hours with the person you love
more than anyone

- also the person who you want to dig
you more than anyone -

driving home chip-eating etiquette.

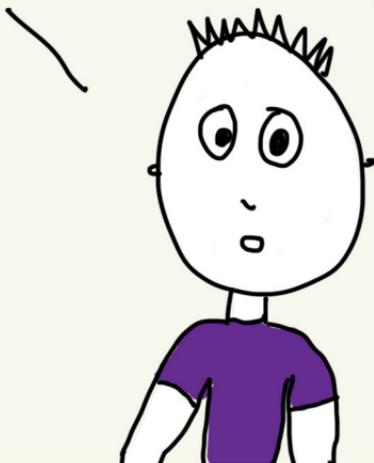
You want to
feel close,
but things seem
Weird.

It's embarrassing.

There are various ways we're taught to deal with anger:

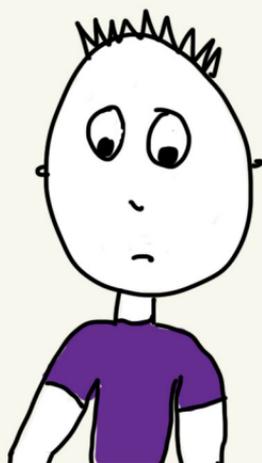
From calming techniques to learning to express yourself in a non-yelly or non-sulky way.

When you do
[MAJOR IRRITATING BEHAVIOR]
you make me feel ...



But many of these techniques can miss the point and are often just a sneaky way of blaming someone else for how YOU feel...

You were WRONG, and BAD. I'm just trying to say it in a way that makes me look like I'm taking responsibility for my feelings.



Here are 3 insights to deal with anger in a way that truly helps you get over it and doesn't cause havoc in your relationship:



A Hint About Who's to Blame.

Water boils at 100 degrees. Not
sometimes, or occasionally. EVERY time.

It's a law of physics.

Here's another law:

YOUR
ANGER
IS ABOUT
YOUR ISSUE.

Your anger has very little to do with the other person.

Even though in the heat of the moment, it seems like it does.

But see that's the trick your mind plays on you.

Your MIND will always
tell you YOUR ANGER
is because of

Someone
or Something
else.

But it's NOT!

It's about a belief you have; a
belief about your self-worth.

Whenever you feel annoyed it's more likely someone has bumped into one of these beliefs, and that's just the tip of the iceberg.



Because like any self-respecting iceberg most of the bulk lies beneath the water.

A lifetime of experiences mixed with faulty interpretations.

Sometimes anger is triggered by a large event, like infidelity or loss.

Other times it might be as simple as being asked to bake two cakes for the church fair when everyone else only has to bake one.

YOUR PARTNER
IS NOT
YOUR CLONE.

You will naturally
have different
beliefs and opinions
about things.

But when there is rage,
the REAL issue, is YOURS.

We all have our icebergs.

This isn't about blame; it's about getting real about what's going on.



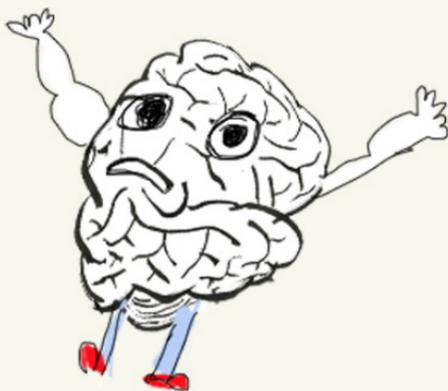
2 Dealing with the Insanity

When we're angry it's like our sane reasonable self has taken a vacation and left an irrational over sensitive maniac behind.

This is because our heart and our mind are out of balance.

Our MIND starts yelling (or sulking,
which is kind of the same thing)

I AM THE VIGILANT BOSS KEEPING
AN EYE ON YOU, SO YOU NEVER
FEEL LIKE THIS AGAIN.

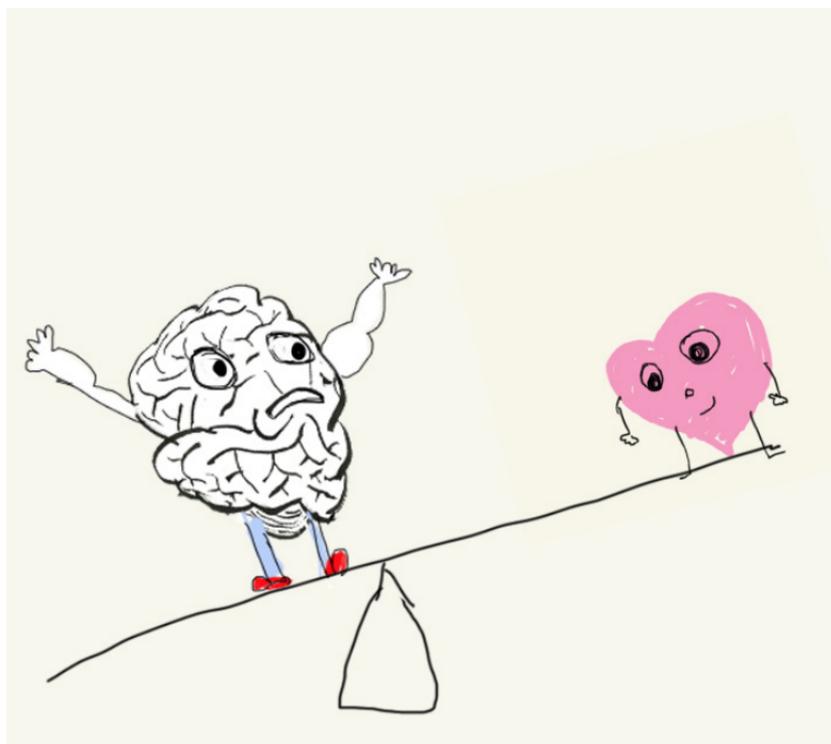


But our heart is still talking in its
regular sized voice.

YOU are so adorable.
Let's go swimming today.



Only we can't hear it because of all
the noise our mind is making.



Feeling annoyed **IS** like
a temporary **INSANITY**.

You don't have access to your
full arsenal of inner **WISDOM**
and **GUIDANCE**.

To feelings of **LOVE**
and **Compassion**.

To the bit of you that sees
POSSIBILITIES and **SOLUTIONS**.

All you have is a mind out of control.

This is why anger can be so confusing.

This is why when you're angry, you know you love the other person yet you can't feel it.

Trying to communicate when you're angry is not only a waste of time but you run the risk of being unkind.

Sometimes the initial grievance pales in comparison to how ugly our reaction is.

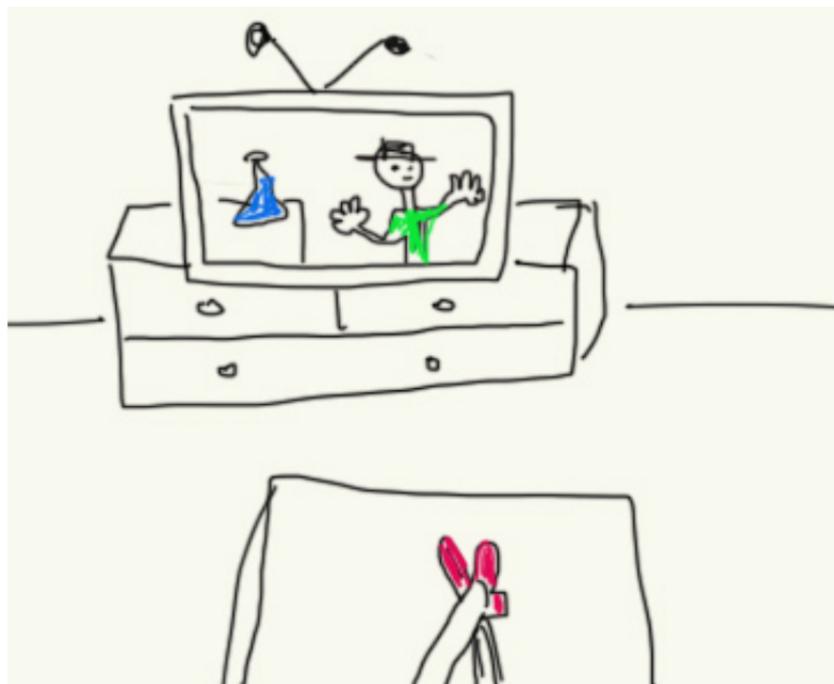
Anyway, most of what you're annoyed about is your issue only you're too hopped up to tell the difference.

As much as you
THINK you need to
Sort things out **IMMEDIATELY**
YOU DON'T!

And frankly, you're not equipped to.



Go for a run, take a bath or curl up
with a tub of Haagen Dazs and binge
watch telly.

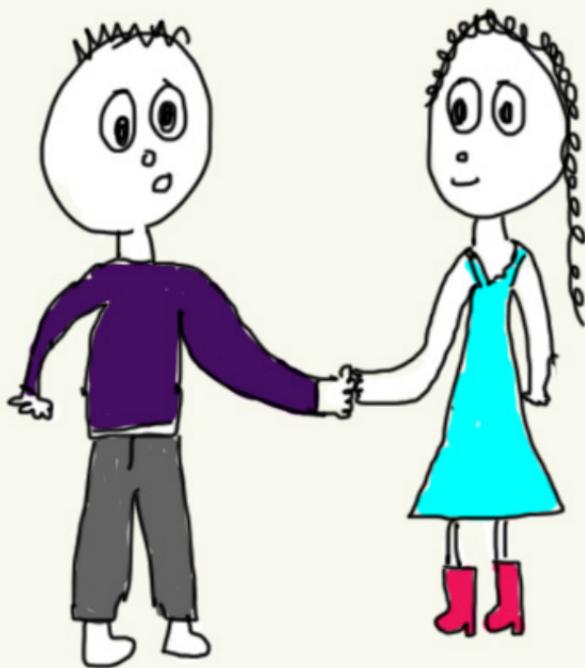


When you've calmed down.

When pitchforks in eyes have dissolved.

It's far easier to untangle the real issue from your trigger point.

Honey, so when you asked me to change the smoke alarm battery it wasn't a dig at how much I do around the house. You just really don't understand the whole battery/electricity thing and were afraid to do it yourself?



This isn't about suppressing feelings or staying in a relationship when it's time to leave.

It's about dealing with issues, big and small, in a loving compassionate way.

Using all your faculties.

And if you're the one being yelled at,
it's not mandatory you remain in the
conversation.



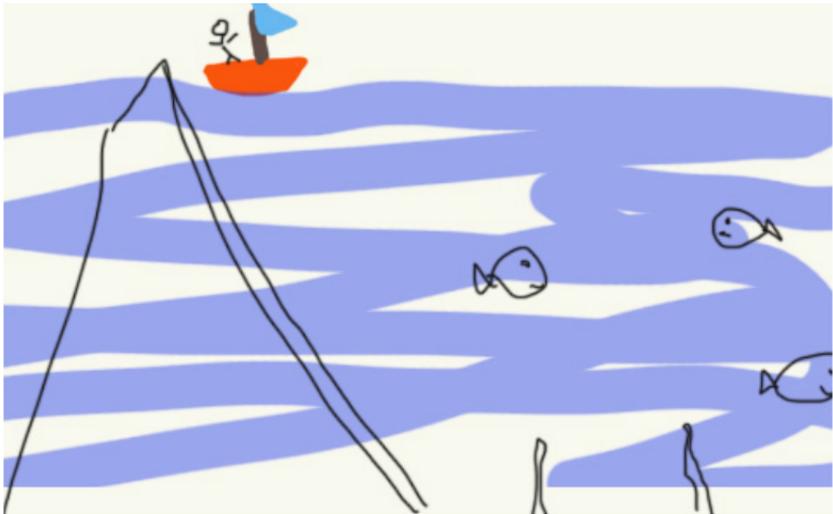
3

Why you don't need to
know why.

And so we come to the berg beneath
the water, the insecurity that caused
you to fly off the handle in the first
place.

THE QUESTION IS:

What do you do to "fix yourself" so this never happens again?



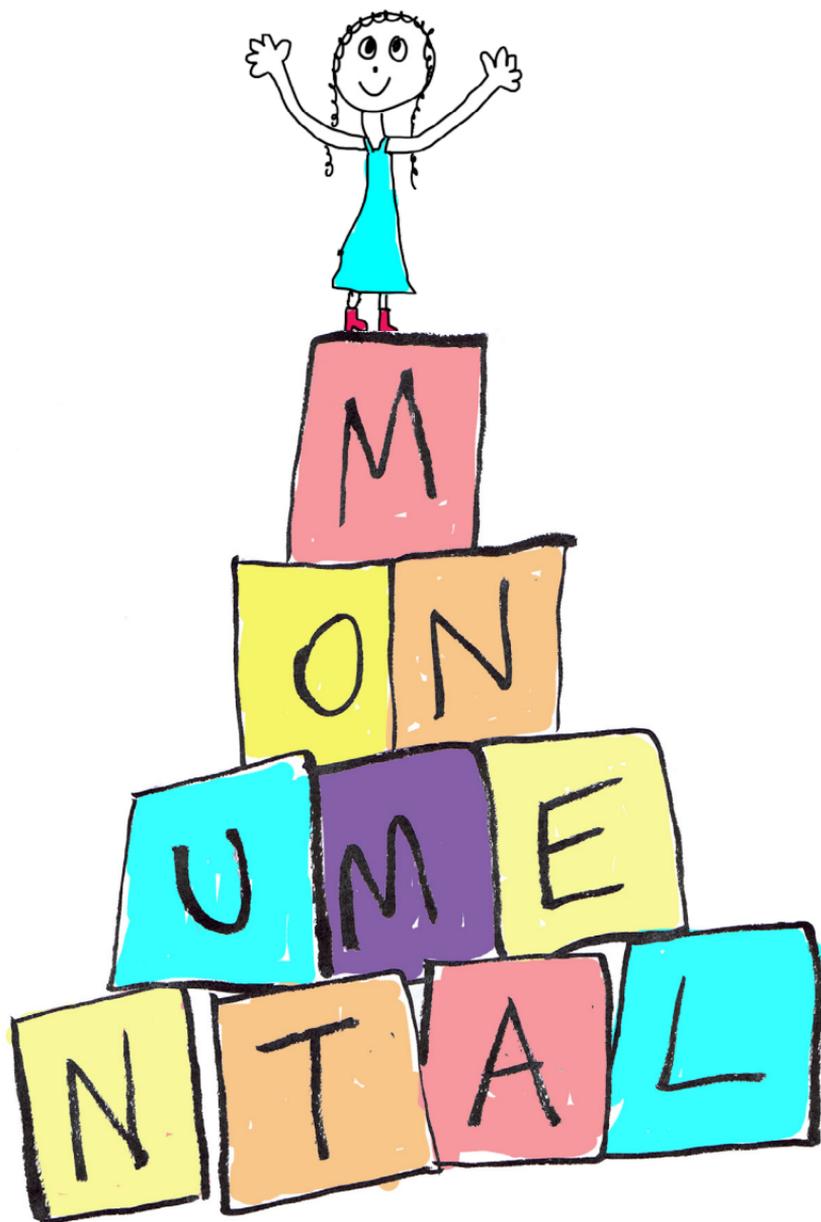
Nothing!

Really?

In truth, you've already done a lot.
Acknowledging that your anger is your
gig is a huge thing.

Not letting the issue spew all over
your partner is another monumental
thing.

M.O.N.U.M.E.N.T.A.L.



Your mind is all

YOU HAVE TO SORT THIS OUT.
IMMEDIATELY.

YOU CAN'T STAND FOR THIS.

WHAT IF IT HAPPENS AGAIN?
YOU SHOULD EXPRESS YOURSELF.
IT'S HEALTHY TO GET THIS OUT.
KEEPING IT INSIDE WILL HURT YOU MORE
AND HAVEN'T YOU SUFFERED ENOUGH



Ignoring that tirade is job enough.

We live in a world that likes to analyze everything.

It's how we think we can heal and move on.

But a better way is to have a little bit of understanding and then let the healing happen on its own.

Generally speaking what we're annoyed at in the other person is exactly what we're angry with ourself about.

Same same.

BUT MORE IMPORTANT IS TO KNOW

Beneath your thoughts you
love yourself completely.

Beneath your thoughts
you have no insecurities.

ALL your insecurities lie
in old beliefs you've picked up,
and that you carry with you.

The problem is only in your mind.

Which is good!

It seems like our thoughts are solid
and immovable.

But they're not!

Wait a while, and they go.

When you respond to all
your ANGRY thoughts
as if they're valid & correct,
you feed the faulty beliefs
and insecurities.

Ignore them -
and your

Iceberg of Insecurity
melts a little.

A NOTE FROM ME

I didn't write this book because I heard that some people get irritable and maybe I could help.

Like because I'm an angel that doesn't get angry.



I get REALLY
CRANKY
sometimes.

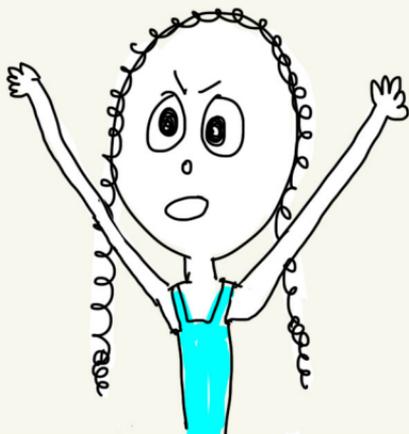
But honey I need you
to read this NOW.



In fact, as someone who is often depressed I spend a lot of time feeling irritable at, pretty much everything.

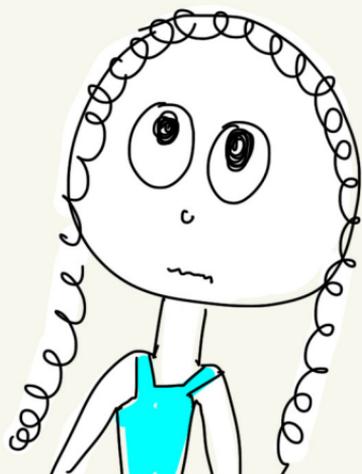
(Since depression is when your heart takes a nap and all you're left with is your insecure mind.)

why is the world so annoying?!!



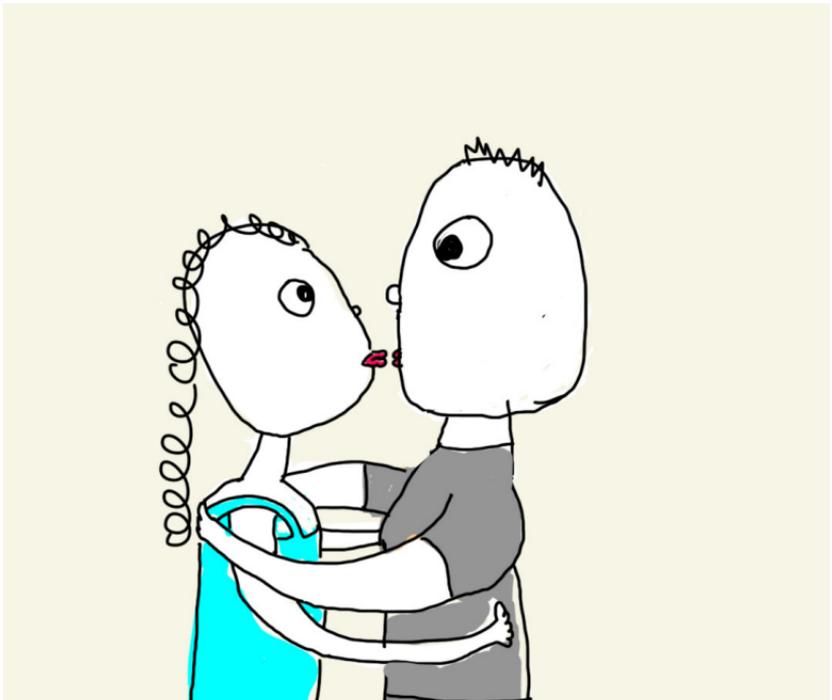
It's not like I even
do what I say
in this book all the time.

This isn't like those other times.
I HAVE to say something.



But when I do resist the urge to
SHARE, it's so much easier.

And less embarrassing.

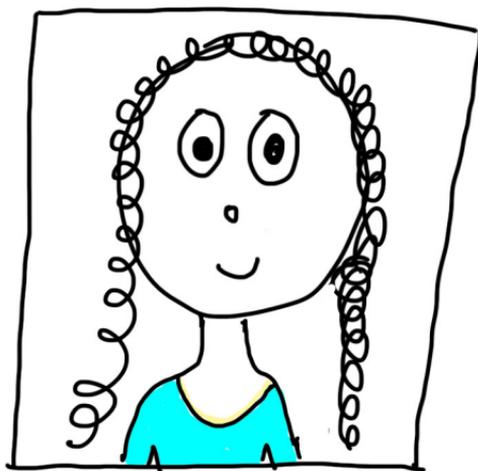


PS: The more you practice, the easier it is.

THE END

Did you enjoy this book?

Want another one? IT'S FREE!?



ABOUT THE AUTHOR

LISA ESILE lives in Los Angeles but she grew up in New Zealand - which was very different, because where she lived there were 100 people and millions of trees and LA has some trees but millions of people.

Lisa (& Franco Esile) are the authors of **WHOSE MIND IS IT ANYWAY: GET OUT OF YOUR HEAD AND INTO YOUR LIFE** (Penguin Random House, June 2016).