

INDIAN INSTITUTE OF
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ANGER MANAGEMENT



PERSONALITY **DEVELOPMENT AND** **CONQUERING ANGER**

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Personality development

Our personality is the type of person we are, reflected by the way we believe, feel and think. These qualities though, are determined by our state of mind in a given circumstances. So, to develop our Personality, we first need to conquer our mind.

The mind is the best and worst friend of us. The undisciplined mind acts as enemy and the trained mind as a friend. As after taking many resolutions to cultivate good habits, we fail to do so because of the unsynchronisation of the body and the mind.



Every action and thought of ours leaves an impression in our mind and the same impressions are repeated from next time. The sum total of all our impressions determines our character. This is a key principle governing personality development. So, we need to make our mind believe that we can do things which are impossible.

The mind has four functions, namely (i) Memory (ii) Deliberation and Conceptualisation (iii) Determination and Decision making (iv) 'I' Consciousness. The mind stores memory and impressions in its chitta or Subconscious part. Manas is the part where imagination and concepts form. Buddhi is the faculty responsible for decision making. Ahamkara or 'I' consciousness

is the state of mind in which a person becomes focused on nature and on existence outside of itself.

After ages of discoveries, humans found that there is a divine element in them, which is the mind of the mind, eye of the eyes, ear of the ears and speech of the speeches.

This divine core of our personality constitutes five dimensions-

- i) Physical dimension consisting of body and senses.
- ii) Energy dimension which performs digestion of food, circulation of blood, respiration etc.
- iii) Mental dimension constitutes thinking, feeling, emotions.
- iv) Intellectual dimension involving determination faculty.
- v) Blissful dimension which is experienced during deep sleep.

Each of the succeeding dimensions is subtler than the preceding one and pervades it.

To develop our Personality, some essential qualities are -

- i) **Faith in oneself** – This is the utmost to control the subconscious mind. It can be done by fulfilling all the commitments made to oneself.
- ii) **Think positive thoughts** – Positive, wholesome thoughts based on our inherent divinity are essential for a strong character. Character is repeated habits and repeated habits can reform character.
- iii) **Attitude towards failures and mistakes** – If we commit any mistake, we must learn from them rather than leading an inert existence like a wall, which cannot even tell a lie.
- iv) **Self-reliance** – We are responsible for what we are and so make ourselves strong enough to be reliant on us only.

Anger management

Anger is the root of all those hair-raising incidents which has turned this world into a hell. It is always to keep in mind how certain people and certain nations have been ruined by anger.

EXERCISE
Integer lacinia scelerisque mi, a sodales nunc blandit at. Maecenas ligula diam, viverra sit amet odio ac, laoreet bibendum massa.

PICK RIGHT TIME
Sed dictum vehicula mauris. Donec at euismod purus, sit amet porta magna. Nullam at consectetur ex, dapibus condimentum quam.

TAKE TIME OUT
Praesent nec ex ante. Pellentesque auctor interdum diam sed mollis. Curabitur elementum libero non molestie hendrerit.

IDENTIFY SIGN
Donec at euismod purus, sit amet porta magna. Nullam at consectetur ex, dapibus condimentum quam.

PLAN SITUATION
Praesent a ligula nisi. Suspendisse congue et mi nec blandit. Donec auctor et nibh in blandit. Sed ac velit tellus.

FORGIVE
Mauris quis lectus ut ex porta accumsan in a ipsum. Maecenas ut libero ultrices felis bibendum euismod.

SEEK HELP
Morbi sodales feugiat odio non ornare. Duis in quam aliquam, aliquam quam ut, lacinia ex. Sed dictum vehicula mauris.

COUNT TO TEN
Pellentesque vehicula diam nisi. Phasellus non trincidunt dolor. Maecenas sem dui, venenatis in egestas eu, posuere eu libero.

YOUR ANGER HOW TO CONTROL

One case is being registered where two women quarreled and one of them chased the other to beat her. The chased women got frightened and locked her in a room, the other women at the same time the other women start banging on the door and after a while collapsed at the door step, her whole body shake with anger, and I a matter of minutes she died.

- In order to overcome anger, one must strive to ensure that the anger does not stay long. If anger is not allowed to linger, it will gradually diminish.
- Another way is to overcome anger is to keep silent when one is in the grip of anger.
- The attitude of 'indifference' is a great antidote to anger. One who practice 'indifference' will not be subject to the rising of the waves of the anger in his mind.

- The more we can reduce the vices of lust, greed, pride, and that of criticizing others, the anger would accordingly be controlled.
- There is a story explaining Sri Ramakrishna word:

There is a poisonous snake in the meadow, everyone is very scared of it. One day a BrahmaChari was along the meadows, boys run to him and tell him about the snake. The BrahmaChari replied "What of it, my good children? I am not afraid of the snake. I know some mantras." So, saying he continued. After he reaches the meadows the snake moved swiftly towards him. As soon as it come near, he recited a mantra, and the snake lay at his feet like an earthworm. The BrahmaChari said come, I will give you a holy word. By repeating it you will learn to love god. Ultimately you will realize him and so get rid of your violent nature. And as he was about to depart, the BrahmaChari said, 'I shall see you again.' When cowherd boys noticed that the snake would not bite. They threw stones at it. On day a boy caught it by the tail, and whirling it, dashed it on the ground and threw it away. The snake becomes unconscious. So, thinking it was dead, the boys went their way.

Many days passed; the snake become a mere skeleton covered with a skin and after some days when BrahmaChari asks the snake why u is so slim and thin. Snake replied: 'Revered sir, you ordered me not to harm anybody and tell him about what the cowherd boy do with him'.

BrahmaChari replied: 'What a shame! You are such a fool! You don't know how to protect yourself. I asked you not to bite, but I didn't forbid you to hiss. Why did not you scare them by hissing?'

So, this completely explained Sri Ramakrishna story saying, **"A man living in society should make a show of tamas to protect himself from evil-minded people. But he should not**

harm anybody in anticipation of harm likely to be done to him.”