

Project

- One of the most important lessons in this chapter has been how to differentiate between what your anger tells you to do and what you yourself want to do. So a relevant project is to work on becoming more aware of both of these ‘voices’. What I mean is, next time you are feeling angry,

work out (a) what your anger is telling you to do and (b) what your 'real self' would tell you to do.

- It's good to practise this in situations which make you only slightly angry. The reason for this is that when you are very angry the 'angry voice' shouts so loud that it drowns out your 'true self' voice. You therefore have to practise being attuned to your 'true self' voice in mild-anger situations so that, eventually, you can hear it even in high-anger situations. And remember, most of us want to be loyal to our true self rather than to what anger tells us to do.