

Tame Your Brain Away From Anger!
~ By Jan Tincher

JAN TINCHER
HYPNOTHERAPIST &
MASTER NEURO-LINGUISTIC PROGRAMMER
Forest City, Iowa 50436

<http://www.tameyourbrain.com>
[Jan @ tameyourbrain.com](mailto:Jan@tameyourbrain.com)
(Remove space before and after @.)

This is a free ebook! You can give this ebook away freely, as long as you do not alter this ebook in any way, shape, or form, and it must remain in this original PDF form with no changes to any of the links contained within.

Copyright Notice: Jan Tincher and “Your Brain!” All rights reserved. Any unauthorized use, sharing reproduction or distribution of these materials by any means, electronic, mechanical, or otherwise is strictly prohibited. No portion of these materials may be reproduced in any manner whatsoever, without the express written consent of the publisher. Published under the Copyright Laws of the Library of Congress of the United States of America, by:

Jan Tincher

Tame Your Brain <http://www.tameyourbrain.com>

Any and all links and recommendations are for instructional and information purposes only and are not warranted or guaranteed for accuracy, content, reliability, or reputation, or any other expressed or implied purpose.

If you would like to become an affiliate of Jan Tincher’s products and earn commission, email here: Jan @ tameyourbrain.com (Remove the space before and after the @.) Please put Affiliate in the subject line.

Limit of Liability

DISCLAIMER: Jan Tincher and/or “Tame Your Brain!” do not guarantee or warrant that the techniques and strategies portrayed will work for everyone. The techniques and strategies are general in nature and may not apply to everyone. The techniques and strategies are not intended to substitute for obtaining medical advice from the medical profession. Always consult your own professionals before making any life-changing decisions.

About the author

Jan Tincher is a Master Neuro Linguistic Programmer. She is an award winning author and has written hundreds of articles on the subject of NLP. Visit her website at <http://www.tameyourbrain.com>

**Anger. Learn how to control it. Why?
Because it is a negative emotion that affects
your body and stops you from living your life to the fullest!**

Here are **four articles** teaching you different ways to handle your anger:

Is Anger A Way Of Life For You . . . Or Someone You Know?

Technique For Changing Your Ways

What Is Your Base?

Can You “Speak” Silently?

*These techniques and strategies are so cool, you'll wonder why you haven't
learned them before. Just think how your life would have been.*

Is Anger A Way Of Life For You . . . Or Someone You Know?

~ By Jan Tincher

Copyright © Jan Tincher - All Rights reserved

<http://www.tameyourbrain.com>

Anger. Is it in your life daily?

Does someone just have to look at you differently, and you get angry?

If someone cuts in front of you when you've been standing in line "forever," do you get angry?

If a delivery is late, do you get angry?

If someone doesn't live up to your expectations, do you get angry?

Do you get angry, frustrated, or hurt often? Does it seem like being angry is a habit with you now?

Well, it doesn't have to be.

One way to stop it is to sit down and write a letter to yourself, and yourself only.

Now, I know this sounds so simple, it's ridiculous, but guess what. IT'S NOT SIMPLE, IT'S NOT RIDICULOUS.

This isn't just any letter. This letter works through the six layers of emotions associated with anger. I found this technique in literature put out by Barbara De Angelis, Ph. D, and it has helped many of my clients. Sometimes, they thought they were coming to me for something else entirely, when, in fact, anger was the base of the problem. Once their anger was in control, they were able to move on.

This is a process that will help you put the anger behind you. As you use it, you will find that you are be able to control your anger quickly. You will soon be able to calm down immediately. In time, you will no longer need the letter, your mind will automatically go through the process without you having to even write it. That is the ultimate goal, but for now, write the letter, feel the change, and get on with your life.

Here is how to do that.

There are six levels involved in healing anger. They are Anger, Hurt, Fear, Regret, Intention, and Love. Each level has two feelings associated with it. For Anger, the feelings are blame and resentment. For Hurt, they are sadness and disappointment. For Fear they are insecurity and wounds. For Regret they are understanding and responsibility. For Intention, they are solutions and wishes. For Love, they are forgiveness and appreciation. We have to work through each feeling in each level until we get to the ultimate, and that is Love.

TIP: We cannot be healed until we can love ourselves. We cannot be productive until we can love ourselves. We cannot love others until we can love ourselves. Writing a letter to ourselves, sometimes several letters, is the first step toward recovering our own self-love.

There must be at least one sentence per feeling in your letter, once you write that sentence, it usually leads to more, which leads to even more. Your job, should you choose to accept it, is to write until you can't write another sentence for that feeling.

So, get out a pencil and paper and let's get to work.

The Anger level deals with blame and resentment.

Write as many sentences as you can that start out with this: "I blame you for ____."

Write as many sentences as you can that start out with this: "I resent the fact that you ____." Or "I resent you for ____"

TIP: The sentences don't have to start out exactly like that. These are just examples. The sentence DOES have to deal with the feeling you are working on, though.

The Hurt layer deals with sadness and disappointment.

Write as many sentences as you can that start out like this: "You make me sad when you ____." Write as many sentences as you can that start out like this: "You disappoint me when you _____."

The Fear layer deals with insecurity and wounds.

Write as many sentences as you can that start out like this: "I feel insecure when you ____." Write as many sentences as you can that start out like this: "You wound me when you _____."

Now, we've worked past what has hurt us and we are working on toward a solution. This is a very important step. Since we are writing for ourselves, and maybe even to ourselves, this helps us come up with a solution for ourselves.

The Regret layer deals with understanding and responsibility.

Write as many sentences as you can that start out like this: "I understand the situation as ____." Write as many sentences as you can that start out like this: "I feel responsible when _____."

The Intention layer deals with solutions and wishes.

Write as many sentences as you can that start out like this: "I feel a solution might be ____." Write as many sentences as you can that start out like this: "I wish _____."

The Love layer deals with forgiveness and appreciation.

Write as many sentences as you can that start out like this: "I forgive you for ____." Write as many sentences as you can that start out like this: "I appreciate the fact that

you _____."

You are working down through the six levels of emotions, individually. You are taking care of each emotion that would have ultimately ended up in anger. By the time you are back down to love, you are more in control of your emotions. And, by the way, did you notice you are feeling much better now? More in control? In a productive state? Good!

Now, who do you think you should show this letter to? NO ONE! Right? Right! Because showing the letter defeats the purpose of the letter. I cannot say this strongly enough! You are writing the letter for YOURSELF only, no matter who you are writing it to, so that YOU can work through YOUR feelings and become a better person. Showing this letter to anyone only decreases it's value, and quite possibly HURTS the other person. Do you want to do that? I don't think so. That's not what we're learning here. If you did show the letter to someone, it means you aren't healed. Please, please, don't learn that way. If you don't feel 100% better, go back and rewrite the letter.

When you are finished, you will feel as though a load has been lifted from your shoulders. The anger will be gone. You have just learned that you are capable of dealing with your anger in a non-threatening way. And isn't that a great way to handle it?

Now, decide to write a letter every time you start feeling that old tension start to grow, and realize that you have now taken control of your life. Because every time you take control, you are telling your brain that you WILL succeed, and it will help you relax faster and easier every time.

Thanks for reading,

Jan

What Is Your Base?

~ By Jan Tincher

Copyright © Jan Tincher - All Rights reserved

<http://www.tameyourbrain.com>

Do you have a base? A place within you that says, "Yes, I will do this." Or "No, I won't do this."

Your base is called many things. Your morals, your integrity, your way of standing true to yourself, your conscience, your belief system, etc. But, for now, we'll just call it your base. It's the place where you know deep in your heart what's right.

Imagine what your base would look like if you gave it an entity. Imagine placing that entity in your left hand.

In your right hand, put a time when something overpowered you, causing you to revert back to old ways. Where you let your peers control your thinking. Where you let circumstances take over.

If you had times like that, those are the times you forgot your base.

Here are more times, and these times show your anger specifically.

Someone did you wrong. You know the old song. Now, you have to get back at that person, in order to save face. Whoops. Forgot your base, didn't you?

Someone short-changed you, and you want what's yours. Whoops. Forgot your base, didn't you?

Someone snuck in line ahead of you, and you "don't have to take that." Whoops. Forgot your base, didn't you?

Someone cut in front of you in a line of cars that haven't moved for thirty-six and a half minutes, and the very least you were going to do is honk your little heart out. Whoops. Forgot your base, didn't you?

Look at your left hand again. It's your base, your you-know-right-from-wrong place, your center, the place you'd rather be, that says you can handle it. The place where you are in control. NOTE: When you are in control, your anger is NOT in control.

You know the way you should act, but the old programming is getting in the way. Stand there for a moment.

Look at your base in your left hand. Feel the solidness of it. Know that it always knows what's right FOR YOU.

Look at the right hand that's holding the old reactions I mentioned at the beginning. Look at them one at a time. Do they hold anything dear to you? How important is being right if it's going to hurt someone? How important is the sixteen odd cents of change that you were short-changed, if it causes someone to be hurt or to be put in the wrong? How important is it to you to have your peers see you act like THEM?

How important is it to lash out and get back at people if it causes you to lose your base? Your core belief system that says you are better than that? (Not better than others. Just better than the way you acted.)

Your peers didn't put that belief system in you. They aren't in charge of it. You are. YOU put it there. If it isn't serving you, find a different one, but don't find a different one because it isn't serving someone else.

Put all the good energy you can in that left hand. Let it bounce as though it were a ball. Know that it is yours and no one can take it away from you, unless YOU let them.

Now, look at the right hand. Look at the trouble you experienced in those situations.

Now, visualize those instances again, except this time see you handling them from within your base. Your very core. Feel the strength you get from that left hand.

TIP: Every successful business has a mission statement that they go by. That mission statement tells everyone what they will and will not do. The gist of their mission statement is “We will help others. We will not knowingly hurt anyone. We will do this, this and this for our client. We will stand behind our word. People are more important than the dollar.” And they live by that. Some go so far as to say “If it is not enjoyable, if we do not have fun while we are creating it, if it does not help people, we will not do it.” Doesn't that sound a little like you would like to live your life?

Wow. Always know your core belief system. Know where you're going. You don't have to know how you're going to get there, just keep that success picture right in front of you and let your anger drift away. Your brain will find the way.

Thanks for reading.

Jan

Technique For Changing Your Ways

By Jan Tincher

Copyright © Jan Tincher - All Rights reserved

<http://www.tameyourbrain.com>

Let's say you have a bad habit of being angry. You continually get angry. Your bad habit of being angry is cemented in.

What do you say to yourself about your bad habit of being angry? "That's just the way I am." "I'll never change." "This is the way I've always been and I always will be." "I can't change. This is how my friends see me. If I change they won't like me anymore." (Well, if that last one is throwing you, you need to think about it and decide what really is important. Is it important that you keep your bad habit and your friends, or is it important that you change your habit and take a chance on your friends?)

Regardless, this is the way it actually is -- if you can think, you can change.

Likened yourself to an old plow horse. The plow horse went down the row every day. He didn't stop until he came to the end. When he came to the end, he turned around and went back the same way. There was no changing that plow horse. That was the way he was.

Well, one day, the farmer bought a new acreage. For whatever reason, it was longer. The first day, the plow horse would start to turn around early, so the farmer saw that he had to take control. He had to keep the plow horse going until he got to the end. Every day the farmer had to go out and walk the plow horse all the way to the end, then turn him around, walk him to the other end, and repeat the process.

The farmer had to do it for how long? Just until the plow horse caught on! Once the plow horse got into the habit of going until he reached the end of the new acreage, he did it habitually by himself.

Think of your brain as the plow horse, yourself (your mind) as the farmer. If you want to stop the bad habit of habitually getting angry when certain things happen to you, you (the farmer) need to stop doing the things that lead to anger and

replace them with something else, something good. If you habitually yell when you get angry, habitually sing! Or habitually dance. Or learn to laugh at yourself and start laughing when you feel yourself starting to get angry. Decide to be a smart farmer and guide you (the plow horse - brain) to happier times.

Thanks for reading,

Jan

Anger, Can You Handle It?

~ By Jan Tincher

Copyright © Jan Tincher - All Rights reserved

<http://www.tameyourbrain.com>

Many people experience anger on a regular basis. As you may know, experiencing it and handling it are two different things. Wouldn't it be nice if you could handle it correctly, each and every time?

How do we do that? The first thing to do is “realize” when a NONproductive state is starting. (We'll focus on anger as the nonproductive state for now, but realize that the same can be true for most other negative emotions also, such as fear, nervousness, hatred, etc.)

How do you know when the NONproductive state is starting? Well, it's different for everyone, but let's just follow a question and answer scenario, then work it in a way that best fits you. Here is an example of how a Q & A session could go.

QUESTION: When do you realize you are about to become angry?

ANSWER: My little finger starts to twitch and sometimes my eyes feel strained.

QUESTION: What happens next? Do you see pictures in your mind or do you get a feeling somewhere in your body or do you start thinking something?

ANSWER: I get a feeling in my body, I guess, because I start breathing faster.

QUESTION: After you start breathing faster, what happens next? Do you see pictures in your mind or do you get a feeling somewhere in your body or do you start thinking something?

ANSWER: I start thinking “I don't want this to happen.”

QUESTION: After you've thought that, what happens next? Do you see pictures in your mind or do you get a feeling somewhere or do you start thinking something?

ANSWER: My hands start forming into fists. It's not like I'm going to hit anything though. I just need to do something with my hands so I form them into fists so I don't do anything I'll regret.

QUESTION: What happens after your hands form into fists? Do you see pictures in your mind or do you get a feeling somewhere or do you start thinking something?

ANSWER: I get angry and start yelling. I am really angry.

QUESTION: OK, let's back up to the beginning. What would happen if, when your little finger starts to twitch and your eyes feel strained, you scratch your finger and blink your eyes? Would that change the sequence of events for you?

ANSWER: I guess so. I'd have to concentrate on my little finger and blinking.

QUESTION: And what would happen to your breathing if you blinked
v e r y s l o w l y?

ANSWER: If I blinked slowly, then my breathing would probably slow down too.

QUESTION: If you were relaxed and breathing slowly, what would your hands do?

ANSWER: Well, they probably wouldn't be forced into a fist.

QUESTION: Very good. You have just learned how YOU get angry, and you have just learned how to control that anger so that it doesn't blossom into something uncontrollable. How does it feel?

ANSWER: It feels fantastic!

Why don't you go through this question and answer scenario and see how you can handle your own negative emotions? Once you take charge of your thoughts and experiences, your life will start to change -- in ways YOU want it to.

Thanks for reading,

Jan

Can You “Speak” Silently?

By Jan Tincher

Copyright © Jan Tincher - All Rights reserved

<http://www.tameyourbrain.com>

Did you know you could “speak” silently? Communicate silently? This knowledge will come in handy, especially if you want someone's attention without causing a commotion. Actions do speak louder than words.

As we all know, too many words, spoken too loudly and too quickly equals anger. Once you master the art of speaking silently, you'll find that you are feeling more peaceful.

How do you know if YOU need this knowledge? If the answer to the questions below is yes, then you would definitely benefit from doing this exercise.

Do you wish you hadn't said something in anger?

Do you wish you hadn't jumped to an immediate conclusion and made a bad decision or reprimanded someone without getting all the facts?

Do you wish you had more control over situations without having to raise your voice?

Here's how you can learn to get your way without being physically or verbally forceful.

Learn now to give someone a “look” that tells them exactly what you want, harm to no one.

Make a list of “looks” that will benefit you, and practice them in front of a mirror.

That's right. It may seem juvenile, but it works.

What is a “look”? Well, a “look” can be an expression or a movement. It's something that conveys a message.

What does a cocked eyebrow say?

Actually, it can say many things, depending on the circumstances, your physiology (body language), and the situation.

“What are you trying to tell me?” Or “What are you trying to do?” Or “What? Run that by me again.” Or “You heard me.” Or “I’ve got patience, but you’re trying it.”

What does a nod of the head say? A jerk of the head? A deep breath and solemn eyes? A jerk of the shoulders? What does it say when you stand up *v e r y s l o w l y* with your eyes on the person in front of you?

Another look I find helpful is “I’m feeling very peaceful.” That look is very important. Once you get it down pat, you give the look and feel the peace. Sometimes, that peaceful “look” is more of a trigger to help you feel peaceful, even before you convey peace.

Practice one expression or movement a week and see what happens. Why not start out with a look that means “Listen up. I’m going to say something important.” Get it down pat. When you feel you have it perfected and that no one could ignore it, check it out. See what reactions people have to your look.

NOTE: Don’t give up. If it doesn’t work, “tweak” it until it does. If you’re still having problems, go on to the next “look”, but keep your eyes open. Sooner or later you’ll see someone who has that look and learn from them. Maybe they are breathing differently or standing in a way that enhances the look. You can learn a lot by studying others. Figure out what you are doing wrong, and change it.

After you have done this a few times, you’ll know how to use your smile to promote love, how to tweak an eyebrow in an “obey now” look, how to look thoughtful so people won’t think you are just shoving them off when they come to you with a problem, how to have an open look that says come talk to me, and so much more.

Spend time in front of the mirror, master the art of speaking silently.

Good luck!

Thanks for reading.

Jan

Wait! Before you close this ebook, I want to make you a ***one-time special offer.***

Let me explain . . .

I have written this **powerful ecourse** "Six Short Weeks To Success" that has helped many, many people . . . And I want it to help YOU!

However, some of you may not be able to afford it, so I have made it into an ebook -- this means that it's less money, and you don't receive support, but you get the same great information. This ebook "*Six Short Weeks To Success*" is available for \$19.99.

It's an easy read. Easy to understand.

Now, you won't succeed overnight, but when you follow the directions, you **WILL** succeed! And if you follow it closely, you **WILL** succeed within the six week period, guaranteed! Not only that, but the techniques and strategies that you will learn will help you in all areas of your life. Not only that, but you can teach them to your children, your friends, your family! It's a gift that keeps on giving!

Here's my special offer for you:

If you're willing to **invest in yourself** by grabbing the ebook of "Six Short Weeks To Success" I'll cut the price in **HALF!** That's only \$9.99. Go here

<http://www.tameyourbrain.com/SuccessEbook/SuccessOfferEbook10off.php>

Wait, there's one more twist...

If you'd rather have the ecourse, I'll take \$10.00 off the price. That's only \$39.99! Go Here: <http://www.tameyourbrain.com/SuccessEcourse/successOffer10off.php>

Either Way -- you win!

With either option you can't lose.

Thanks for reading, and I hope I've been of help!

Jan