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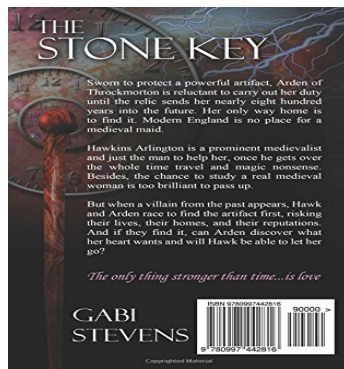
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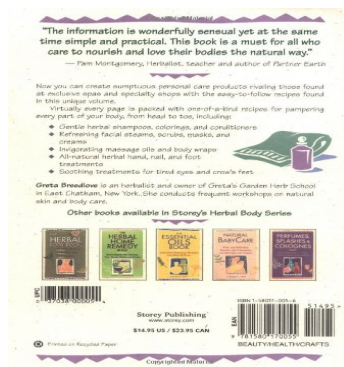
The number one reason you get angry is that you think negative thoughts. When an event happens, instead of putting a neutral or positive interpretation on it, you put a negative interpretation on it. By thinking negative thoughts, you can actually create your own anger. You can give meaning to an event in less than a second. Within a few seconds you can have a number of negative thoughts. Learn how to avoid negative thoughts, name calling, exaggerating, and using a should-and-ought belief system.

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