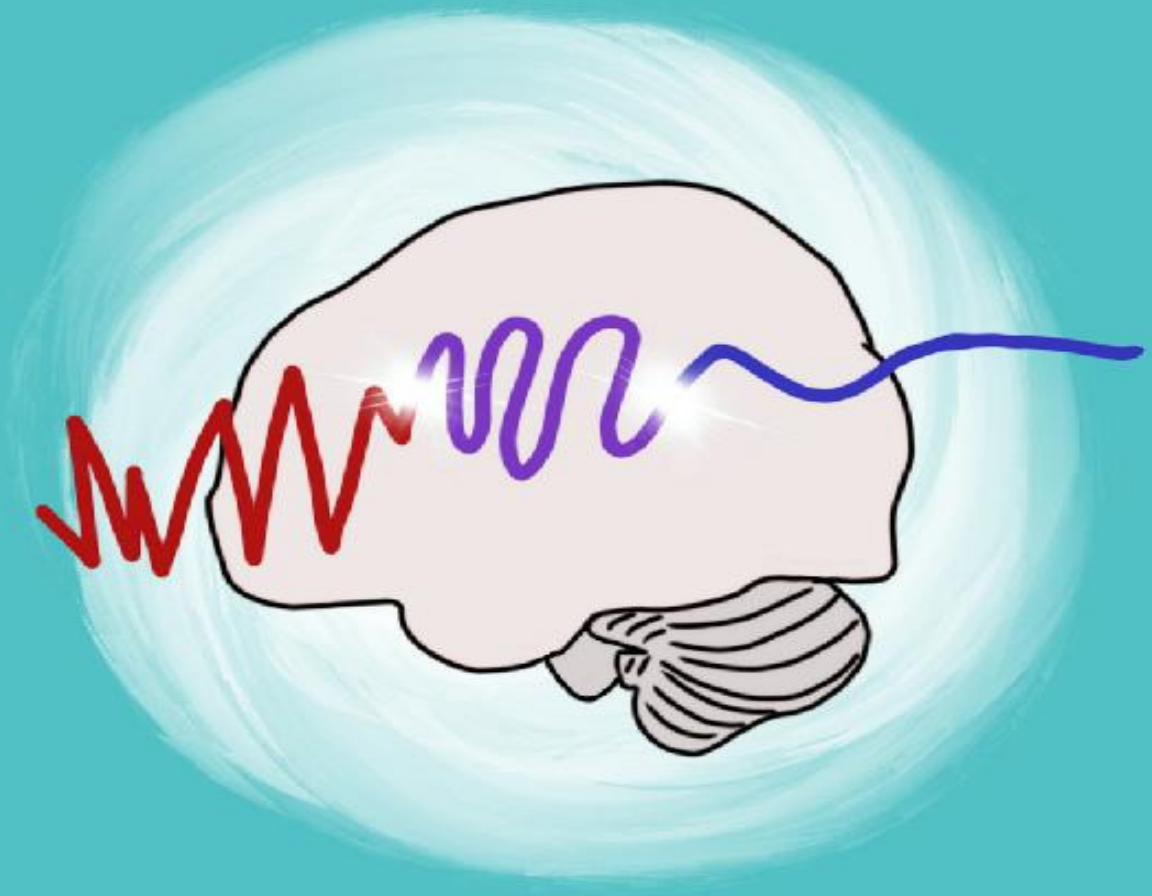
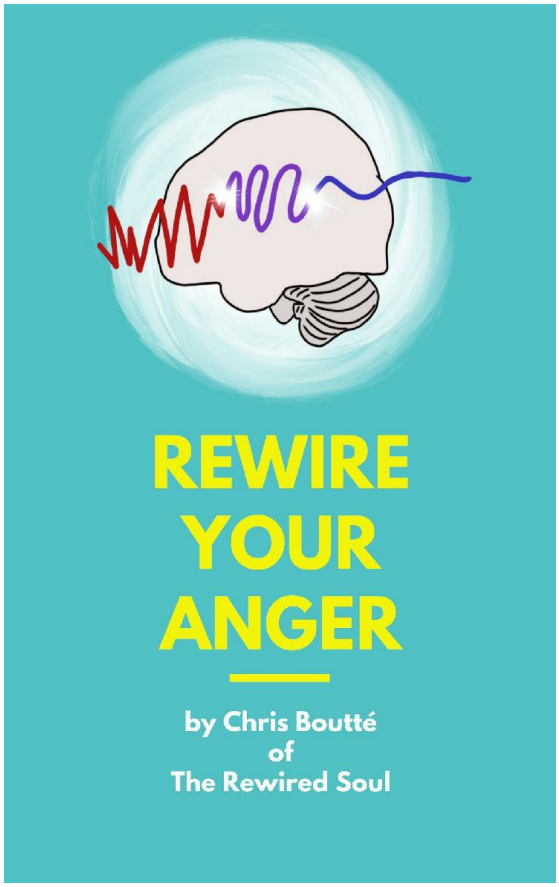


REWIRE YOUR ANGER

by Chris Boutté
of
The Rewired Soul

Contents

Title Page
Foundation 3: Anger is Fear
1. Quit Causing Your Own Problems
2. Quit Making Dumb Decisions
3. Everything Isn't About You
4. Lie to Yourself
5. It's OK to be Mad
6. Meditation
7. The Art of Venting
8. Tell Them How You Feel Without Expecting Anything
9. Text. Don't Call
10. Apologize
11. Pick Your Battles
12. The Importance of Forgiveness
13. Quit Complaining
14. Don't Take Your Anger Out on Innocent People
15. Treat them Like Someone or Something Else
16. Self-Love and Compassion
17. Don't Waste Time Tryng to Change Someone's Opinion
18. Do Online Trolls Really Matter?
19. Hangry
20. Conclusion



Welcome to Rewire Your Anger, and I guess the first tip I'll offer is that anger is going to happen, but we need to figure out how to turn it into something useful. This book idea came to me at a time in my life when I was struggling with a lot of anger. My anger issues are under control these days, but as I used a variety of different methods, I decided to turn this anger into something useful by writing this short book.

Many people who meet me today would have no idea that I used to struggle with massive anger issues. I wasn't a pleasant person to be around because I had so much anger built up inside of me throughout my entire life. We all have different root causes for this anger, and you may figure out some of them by reading this book. I do want you to keep in mind though that this book is meant to provide useful tips and suggestions that have worked for myself and many clients that I have worked with, but if you have the resources, you should find a mental health professional to work with individually as well.

Before we get started, it's important to understand why we have anger in the first place on a neurological level and from the point of evolutionary psychology. Some of us don't fully want to get rid of our anger because it feels good in a way, and that's actually part of the way we evolved. We needed anger back in the hunter-gatherer days because it helped us stay alive, and the way the brain reinforces behaviors and emotions is by making them feel good. Back in the day, if

someone from another tribe or within your own tribe stole from you or challenged you in any way, if you didn't do something, others may take advantage of you as well.

Could you imagine everyone in the tribe and from other tribes thinking it was alright to steal from you and push you around?

We needed anger to motivate us to do something about being challenged. This helped show the person as well as others not to mess with us. The problem with the brain is that we're no longer hunter-gatherers, but the evolution of our minds hasn't caught up. What I mean by this is that if you get cut off on the freeway, it doesn't mean everyone else is going to think it's okay to get cut off, so the anger we feel isn't as useful as it was thousands of years ago.

Today, anger has the power to ruin our lives, which is why we need to get it under control. It can make us fight with the people who love us the most as well as the people we love the most. It can make us walk out of a job impulsively without bringing to mind the fact that we have bills to pay or kids to feed. Worst of all, in this day and age, if our anger gets the best of us, there's a chance somebody records us freaking out on an innocent employee, it goes viral and our freak out is on the Internet forever.

One of the biggest "a-ha" moments I had was when someone asked me, "How much time have you spent being angry when you could have been doing something worth while instead?" This made me think of how many nights that I couldn't sleep because I was staying angry at someone who probably wasn't even thinking about me. It made me think of how many times I shut down and isolated, neglecting my friends, family or son because I was so angry about something that was ridiculous. Worst of all, if I sat down and roughly quantified how much time I spent being angry, it would probably add up to years of my life being wasted by being angry about a lot of silly things.

Again, anger gets stuff done and can inspire us to do great things. You're never going to fully get rid of your anger, but with this book, you'll hopefully figure out better ways to manage it by causing minimal wreckage in your life as well as to the lives of the people around you.

This section is about how to use this book so it can be effective in your life. My goal is that with this book, you can understand a bit more about the root causes of your anger and have some foundational tools to come back to any time to figure out how to manage the situation.

In this book, I'm going to introduce you to three primary foundations of anger management that have been extremely affective for myself and others. If you can remember these three foundations, managing your anger will be much simpler.

One of the major issues that I found is that we **think** each person or situation makes us angry for a different reason. If I'm sitting in a room of people who all made me angry, I think each one set me off for a different reason. The reality is that we're not nearly as complicated as we think we are. When we figure out the root of our issues and remember a few things to check within ourselves, we realize that there are really only a few reasons we get upset.

This is extremely important because many of us think that "everything makes us mad", and it can seem overwhelming. Some people didn't even get this book because they thought that dealing with their anger was going to be too large of a task because there are **so many** people and situations that upset them. The reality is that once you figure out what your primary triggers are, it's a lot easier to manage and overcome your anger. In my experience, most people (including myself) have about 5 main reasons they get angry.

With that being said, I'm glad you got this book. It means you've acknowledged that there's a problem, but even better, you have the willingness to do something about it. So, let's get started

by discussing one of the biggest problems most of us have.

This first foundation is by far the most important. This isn't just important for managing anger either, but for your mental health as a whole. We must **always** remember that it's a lot easier to fix ourselves than it is to fix others. Now, this doesn't mean we need to allow toxic people in our lives, but we'll come back to that later. What this means is that we have a false idea that we can control and change people. I don't know if this is the ego or what, but it's kind of crazy if you think about it.

I wasted so much time and energy just wishing other people would change. If my boss would just be nicer, or if my friend would have done this for me, or if my parents were proud of me, then I would be okay. This is not a healthy way to live. The reason is because we're allowing circumstances that we have no control over to depict how we feel is a waste of mental and emotional energy. Think about how much time you've spent waiting for someone to change or hoping that they'd change.

If you're someone with a parent or both parents who trigger your anger, think about it logically for a minute. What is the likelihood that they will change? They've been this way since before you were born, so do you really think that now they're going to change just because you want them to? That'd be a little ridiculous.

Sorry, but did I forget to mention that there's going to be some tough love in this book? Don't worry though because I'll give you some tips so you don't get angry at me.

I know this from personal experience. My mom was an alcoholic for the first 20 years of my life, and she was my biggest trigger. I despised her because I blamed her for how messed up my life was and how messed up I turned out (this is one of the roots of my anger). When I was 20 years old she got sober, and when I was 26 she saved my life by helping me get sober. The problem was that I had over 20 years of unresolved anger built up towards her. Even though she was now sober, I still couldn't forgive her for my awful life, and there were a lot of things about her that I didn't like. One of those things is that she struggles with her own mental issues and can be somewhat unreliable...and I hate when people are unreliable.

For years, I spent so much time and energy yelling and fighting with her trying to get her to change, and she never did. Sometimes she'd say she was going to work on it, but she'd fall back into old habits, and it'd make me extremely angry again.

But how much time was I wasting trying to change her? How many hours had I spent trying to change this woman who wasn't going to be changed.

This first foundation was repeated to me constantly by the man who initially helped me get back on the right track with my mental health. I would call him extremely frustrated because I was working so hard to change and become a better person, but she wasn't. He'd always say, "Chris, it's a lot easier to fix you than it is the rest of the world." But I'm a stubborn a-hole, so I kept thinking I could fix the rest of the world.

As most of us eventually find out, our way of doing things doesn't work and we **must** try something new. So, I considered what he said and began working on it. If my mom couldn't change, maybe I could change how I deal with my mom?

See, we don't have control over other people. Some say that the only person we can control is ourselves, but if you're like me, you can't even control your own emotions and actions sometimes. What we can **always** control is our effort though. We can put forth an effort to

learning how to deal with the things in our lives that anger us whether it's people or situations.

Today, my mom and I are best friends, but the funny thing is that she hasn't changed at all.

I want you to think about that for a minute...

How are my mother and I like best friends now if she hasn't changed at all?

Because I realized that it was a lot easier for me to fix me than it was to fix her. I now know how to deal with her because I took all of that wasted energy that I was using trying to fix her and focused it on myself. One of the best ways that I learned how to do this is through foundation number 2, which is our expectations.

This second foundation of expectations is probably going to be the longest part of the book. For some of you, this may sound familiar, but I never want to give you the impression that what I've learned just came from the void of my mind and I figured this stuff out. I was taught in the same way that I'm trying to teach you, and I hope you can pass this knowledge along to someone you care about as well.

Not only is this going to be the longest part, but it's the most important part as well. I'll probably revisit this part of the book in just about every book I write because that's how important it is. I do entire 3-hour groups on expectations in treatment centers and tell my clients that if they haven't paid attention throughout treatment, this is the one thing they need to pay attention to.

I'm going to give you the same advice. Bookmark this page as the most useful tool you can use to manage your anger and mental health as a whole. Take different quotes from this section and write them on post-it notes and put them around your house if you have to because I guarantee if you can figure out how to manage your expectations, your life is going to become amazing.

So what do I mean by managing expectations?

Well, first lets all take a second to acknowledge that we're all major control freaks. How often do we think these things like:

<u>If everyone just did what I thought they should do, everyone would be satisfied including myself! Life would be so amazing if everyone just did exactly what I thought they should do. This world would be such a better place if people would think and act the way I think they should because I know what's best.</u>

What's crazy is that I discuss this in groups of 60-70 people, and I ask by a show of hands, "How many people can relate to this?" Typically, you see about 75% of the hands go up, and I always assume another 20% aren't raising their hand because they're full of crap or didn't hear the question.

But think about this for a second. If I think the world would be great if everyone did what I thought they should do...and if <u>you</u> think the world would be great if everyone did what you thought they should do, we're automatically going to bump heads.

This is an insane expectation. We expect everyone to act how we think they should act. What are the chances of that happening? (and don't forget foundation #1) Not only do we expect everyone to act and think how we want, but we expect people to <u>know</u> what we want. How many times have you been mad at someone because you expected them to know how you felt or what

you were thinking like they're a mind reader? Pretty silly expectation isn't it?

Now, this is the only first part of the problem. Because we're so selfish and self-centered wanting everyone to do what we want them to do, we try to manipulate situations. A great word for this is "self-seeking". Self-seeking is when we do something expecting something in return.

So when we're trying to get something in return, we might be nice, kind, self-sacrificing and all of those great qualities. Here are some examples:

1. We might be nice to our parents to borrow some money from them.
2. We may clean the house so our significant other thanks us.
3. We may be the perfect gentleman on a first date expecting to get something in return at the end of the night.
4. We might work extra hours so our boss notices and we get a raise.
5. We may help a friend move so they help us at a later date.

This all sounds fine and dandy until we don't get our way. What happens when our parents don't loan us the money? What happens when our significant other doesn't show us the thanks we feel we deserve? What happens when our date doesn't invite us inside? What happens when our boss doesn't give us that raise? What happens when we help our friend, but then they don't help us in return?

We get pissed.

Why do we get upset? Because we set the expectation of "If I do _____ , they will do _____." That is not only an unrealistic expectation, but it's also a selfish and self-centered one. The issue is that many of us think we're great people, but most of the time we're just trying to take from the world and not truly being altruistic. Since we're not self-aware enough to realize this, it fuels our anger.

On the other hand, we might not be kind and generous when we're trying to get our way. Sometimes we can be real jerks. This is another from of self-seeking, but in the opposite direction. Here are some more examples:

1. We might purposely be a jerk to someone we're dating to get them to break up with us.
2. We may be mean to an employee to get something for free.
3. We might scream at our bank to get an overdraft fee reversed like it's their fault that we're not great with money management.

And guess what happens when we try to do this and don't get our way? **We get pissed again.**

Now, expecting people to do what we want is only one type of expectation that messes us up. We also put expectations on others who have different roles in our lives, and a great way to figure this out is to look at how much you use the word "should" when you get upset.

A great writing exercise is to list 7 people in your life who you have issues with, and make a list of your expectations of them. Here's an example:

Mom:

1. A good mom **should** loan me money
2. A good mom **should** be there for me when I need her
3. A good mom **should** be proud of mine

Friend:

1. A good friend **should** never lie to me

2. A good friend **should** help me move when I'm moving
3. A good friend **should** respect my opinions

Partner:

1. A good partner **should** talk to me 24/7
2. A good partner **should** only want to spend time with me
3. A good partner **should** do what I want to do

Boss:

1. A good boss **should** give me a raise
2. A good boss **should** give me time off whenever I request it
3. A good boss **should** acknowledge how amazing I am

These are just some examples, and I highly recommend you take some time to do this. There's something about sitting down and writing all of your expectations of other people that really gives you some clarity.

When I do this exercise, not only do I see how many expectations I put on other people, but I also see how many expectations that even I can't live up to. For example, we can have an expectation of our partner to only want to spend time with us, but we also expect them to know when to give us space. That's a little silly isn't it?

I also realized as a parent that I put so many expectations on my parents that I wasn't living up to. I remember writing about how my mom should have got sober for me, but I didn't get sober for my son. I remember thinking my friends should never lie to me, but I was lying to my friends. I remember thinking that my partner should always do what I want to do, but I wasn't ever wanting to do what they wanted to do.

If you're nodding your head because you relate to what I'm saying, I hope you're beginning to understand what I mean when I say we're selfish by default.

The biggest problem with all of this is that our expectations set us up for failure. Because we expect so much from this world and its people, we're constantly putting ourselves in a position to be primed for anger.

Now, this doesn't mean that you should be a pessimist and never expect anything good to happen. What I've found is the most useful is thinking of expectations as being a on a scale that goes has +10 and -10 on opposite sides with 0 in the middle. I'm in a much better place when my expectations are closer to that 0. This means that I'm not expecting too much, but I'm not expecting something terrible to happen either. I'm simply going into a situation without an expectation.

Allow me to give you the perfect example of how changing my expectations in one small way changed my life.

From a young age, my dad always taught me good manners. One thing that he always taught me was to hold the door open for people and to say "Thank you" when someone holds the door open for me. Because I was taught this from a young age, I figure this is common courtesy and everyone should both hold a door open for me and thank me when I hold the door open for them. Unfortunately, this isn't how the world works and I'd get pissed.

This was such a small, trivial thing in my day, but it'd fill me with rage. I'd get especially angry when someone was far away, I'd hold the door open way longer than I should have, and then they still didn't thank me. This type of thing would get me so upset that I'd be so close to

yanking them by the shirt collar back outside since they didn't have manners.

Right now you might be agreeing with me because you know that feel. But can we please take a moment to think about how silly it is to get **that** upset about this situation?

So, how did I fix this? Well, I changed my expectations. I no longer expect anyone to thank me when I hold the door open for them. Yes, that's right. I don't expect **anyone** to thank me. This is a great way to start working on your expectations because it's such a small thing you can do. This small change in perception changed my life because rather than getting furious every time someone **didn't** thank me, I'm now pleasantly surprised every time someone **did** thank me.

Foundation 3: Anger is Fear

What if I told you that all of your anger was based on fear? When someone told me this, it made me pretty angry. It was taught to me that all of our anger is fear-based, and that sounded crazy because I'm a tough guy who has been through some stuff. I thought I wasn't afraid of anything, so it was ridiculous to think that my anger was based around fear. The reality was that you, me and everyone else who is struggling with anger is dealing with a lot of fear.

As I mentioned earlier in this book, we think our anger is for an endless amount of reasons, but it's not. Once we get down to some of the root triggers, we can also get down to the root fears.

A great example is my relationship with my mother and all of the anger I had towards her.

1.I was angry that she was an alcoholic most of my life.
2.I was angry that she was unreliable.
3.I was angry that she didn't show up to my high school graduation.
4.I was angry at the things she said to me while drunk.
5.I was angry every time she wouldn't loan me money.

But how are these related to fear? Let me show you.

1. Fear that my mom didn't love me (fear of not being loved)
2. Fear of being let down
3. Fear that my mom didn't care about me (fear of not being loved)
4. Fear that my mom didn't love me (fear of not being loved)
5. Fear of being broke (financial fears)

This is another writing exercise that you can do with various people in your life and situations. Write down what you're angry about with a specific person in a list format, and write about what fears you have. When I did this with over 133 people and situations in my life, I realized I had a very short list of common fears that you may be able to relate to:

1. Fear of not being loved
2. Fear of being let down
3. Financial fears
4. Fear of abandonment
5. Fear of being disrespected
6. Fear of being treated like I'm stupid

Let's focus on number 5 and 6 real quick. Take a moment to think about a few people who have recently upset you. How many of these situations are based around a few of being disrespected or fear of being treated like we're stupid? I've found that many of us with anger issues struggle with these two fears.

Something I do with my clients after giving them some examples of how anger is fear-based, I ask them to tell me some things that make them angry and see if we can figure out what fear it's based on. The issue is that you're not currently in my group, and I'm writing this at home from my computer, so I had to think outside of the box. I went to Twitter and asked people to tell me what makes them angry, and I'm going to attempt to relate these anger triggers with various fears (by the way, follow me on Twitter @TheRewiredSoul)

Disclaimer: These are loose guesses based on my personal experience working with people as well as my own anger management. I will also be leaving everyone anonymous.

Anger issue: "My current living situation. Living with my daughter who has BPD. Having to cut my son out if my life because of his addiction. I guess these things piss me off, but only because if I don't stay angry, I'll never quit crying. Ever."
Fears: Fear of losing your son, fear of being sad, fear of your daughter not being alright.

Anger issue: "My cousin I've never really met deciding to tell me it's my fault my father has never been in my life. Based off what she's heard from him of course."
Fears: Fear of being judged.

Anger issue:"People that don't thank me when I take the time out of my day to give them advice and listen to them."
Fears: Fear of being disrespected. Fear of having bad friends. Fear of not being loved.

Anger issue:"Pisses me off when my husband has to cancel plans last minute for work, he's in the Air Force so shit happens sometimes but man it gets to me every time."
Fears: Fear of not being loved. Fear of abandonment. Fear of being alone. Fear of being disrespected.

It's extremely important to acknowledge these fears to help your anger because of foundation #1 as well. Remember that it's easier to fix you than it is to fix everyone else. We often think that another person is making us angry, but when we realize that our anger is based on fears, now we're in control. We can't control if other people do things that make us angry, but we can begin to identify our fears and work on overcoming them. We can begin to work on our fear of being judged by not caring so much what other people think. We can work on our fear of abandonment by surrounding ourselves with supportive people who love us. We can work on our fear of being lied to by setting up better boundaries with people who we know lie to us regularly. When we take back control, we're in an amazing position to improve our mental health.

1. Quit Causing Your Own Problems

I wasn't even planning on writing this section, but this morning before writing, something happened that made me feel the need to write it. A major issue we have with our anger is that we refuse to take any responsibility for anything. We might feel as though the world is out to get us, which goes back to our foundation #2 about how we expect everyone to do what **we** want them to do. This is silly when we realize we caused our own problem to begin with, and here's a quick story to illustrate that.

Last night, my friend babysat her cousin at her new house while her aunt went out to a show with her uncle who was in town for the week. My friend's aunt said that she would come at 9AM, but as per usual, they were running late in the morning to pick up the kid. Around 10AM, they show up to the new neighborhood and can't find the new house for the life of them. The aunt starts screaming at my friend, "Where is it?! You're going to make us miss his flight!"

Wait. Let's rewind.

The aunt was supposed to come pick up her son at 9AM. She comes an hour later, and can't find the house and blames my friend? Let that sink in for a minute. Had she shown up at the original time, she would have had plenty of time to get lost, find the house and probably get some Starbucks before taking her brother to the airport. But, due to being late as usual, she was worried she missed the flight and took her anger out on my friend.

While you may think this is funny, or ridiculous or even kind of crazy, I want you to ask yourself how many times you do this same exact thing and then blame the world even though you caused your own problems.

How many mornings do you wake up late because you hit the snooze button a few too many times? Then, while getting ready for work, you watch one more YouTube video or scroll through Instagram, Facebook or Twitter for an extra 10 minutes. Then, you leave your house in a panic because you're running late, and now there's an immense amount of traffic. Now, you have road rage and keep asking yourself, "Why won't these people learn how to drive?!"

Do you think you'd be this angry if you woke up on time and didn't spend that extra time scrolling through social media?

Staying in the theme of being late. I'm someone who was notorious for showing up to work 10-15 minutes late for the above reasons. I don't know what it was, but I just could not show up to work on time. Then, next thing you know, the boss says something to me or I get written up. All I can think is, "What an asshole!" or "But what about that other guy who showed up late?!" It's just me refusing to take responsibility for the situation once again.

When it comes to our mental health, there are so many things outside of our control, but we need to focus on what we can control. We can focus on what we're doing that might alleviate

some of our own anger issues. I cannot tell you how much of my road rage went away after I started waking up and leaving earlier to go to work.

2. Quit Making Dumb Decisions

If foundation #2 was the most important part of the book, this is the second most important. When I teach this to my clients, I tell them that they need to take the following sentence and write it down everywhere as a reminder. I even jokingly tell them that they should get it tattooed on themselves for at least a few months until it sinks in. (Don't do that though...unless you really want to I guess. You're an adult. Do you.)

"We make decisions based on self which later place us in a position to be hurt."

What the hell does that mean?! I didn't know either. But when I was at the height of my anger issues, the man who was helping me stay sober and improve my mental health said this to me ALL.THE.TIME. Let me give you a few examples:

The Problem: I'd call him up yelling and screaming about the roommates in my sober living home (it was 18 recovering alcoholics and addicts, so just imagine that for a second). I'd call him to yell about how my roommate smelled funny, people took too long in the bathroom, someone was stealing my food from the fridge, one guy was caught smoking meth in the garage and worst of all, there was one TV in the place, and these fools would watch Pawn Stars all day long.

He'd ask, "Did you make any decisions in the past that put you in the position that you're currently in?"
I'd think, "Are you kidding me?! These people are nuts and rude and inconsiderate! Agree with me!!!"

But he was right...

My Part: I'd have to ask myself why I was in a sober living in the first place. It was because of the choices I made with substances. It was because of the fact that I burned every bridge with friends and family so I didn't have anywhere else to go.
The Solution: Quit doing drugs and alcohol, and I never had to worry about living in a sober living again.

The Problem: I calmed down a bit in that sober living home realizing it was my fault that I was in there in the first place. After a few months, my mom trusted me enough to move into her house. If you were paying attention in the beginning, you'd know that it took me a long time to get along with my mom. So, I'd call him up yelling and screaming. I'd call to complain about how after 20 years of being a drunk, now this woman wants to be my mom. I'd complain about how she didn't treat me like an adult and bossed me around.

He'd ask, "Did you make any decisions in the past that put you in the position that you're

currently in?"

I'd think, "This son of a bitch..."

But he was right again.

My Part: When I asked myself why I was living with my mom, the answer was simple. It was because of all the decisions I made with my substance abuse. I couldn't afford my own place because I spent all my money on alcohol, drugs and gambling. I couldn't live with a friend because they all still hated me. My decisions were the reason I lived with my mom.

The Solution: I make better decisions today. Aside from living sober, I work had to make my own money so I never have to live with my mom again (and when I say that, I mean under those conditions. If she gets old or hurt or something crazy, she can live with me.)

The reason it was so important that this guy beat that sentence into my head was because it was like learning from touching a hot stove. If you keep touching that hot stove, you eventually learn to keep your hand off the stove because it's going to burn you. I started adapting this to every situation in my life. Whenever I was angry, I'd ask myself, "Did I do anything to put me in the position I'm currently in?" Here are some examples that you may be able to relate to:

The Problem: I was unemployed and couldn't get a job because everyone wanted a degree. This angered me because I'm more than capable even though I didn't have a college degree.

My Part: I made the decision to drop out of college for no other reason than I felt like making money instead of furthering my education.

The Solution: Go back to school and get my degree or find jobs that don't require a degree.

The Problem: Every woman I dated destroyed me mentally. They were verbally and emotionally abusive, and some were even physically abusive. Some broke my things. One of them sent an email to my boss pretending to be me in an effort to get me fired. Another one trashed my car after we got in an argument.

My Part: I love dating crazy women. I was always looking for a feisty woman that was a little broken. I had the opportunity to date many women who had their stuff together mentally, but that was "boring" to me, and I just wasn't attracted to them.

The Solution: It became very clear that I needed a new type of woman that I would date (surprise surprise, the old problems went away).

The Problem: My lovely non-crazy girlfriend and I just got an apartment. Because of an old power bill that I neglected to pay, they wanted an extra $1,000 for our deposit. This made me so angry because it was a $120 bill from 2012.

My Part:I DIDN'T PAY MY FREAKIN' POWER BILL

The Solution: Act like a damn adult and pay my bills.

Again, this is about empowering you as much as possible. Shit is going to happen that is 100% out of your control, but if you can start recognizing how **many of your own problems are based on your decisions** like I did, you'll begin to see that you don't have nearly as many problems.

3. Everything Isn't About You

Being self-centered is one of the biggest issues that humans struggle with. We think everything is about us. Don't believe me? Go read any Facebook post from your female friend that says, "Guys are such jerks" and see how many guys reply, "NOT ALL GUYS!". How many times have you been out somewhere and heard some people laughing not-too-far away, and you think it's about you?

My favorite is when we're driving and hear a car honk, and we throw our hands in the air in a the gesture of, "WHAT?! I DIDN'T DO ANYTHING!". Think about that for a second. You can be on the road with dozens, if not hundreds of other cars, and someone honks their horn, and you immediately think that it's about you. You just got angry because you think the world is all about you and any honk on the road must be directed at you.

Sorry for the tough love, but it's true. We need to also remember this in order to practice some empathy.

Have you ever had a bad day and took it out on the wrong person? Maybe you're stressed out about money, your relationship, your lack of a relationship, your job, your friends or something else that irritates us on a daily basis.

This has been something that I must remember on a daily basis in order to work in the addiction treatment and mental health field. I know you think I'm an extremely lovable guy, but believe it or not, I've had people in treatment tell me to go fuck myself and threaten to fight me. That's okay though, and here's why. Most of the time their anger isn't about me, which is why we must practice empathy.

Working in a drug an alcohol treatment center, these men and women are away from their friends and families. They've destroyed their lives financially. They don't know how to function without drugs or alcohol. They're dealing with symptoms of withdrawal and on a daily basis, they have therapists telling them things about themselves that they don't want to hear. So, when people snap on me, I practice empathy and compassion because I know they're in pain.

This is also how I keep my sanity as a YouTuber. When people come to my comment section acting a fool, I try to remember that they might be hurting. This doesn't mean that it's justifiable, but I have to remember that not everything is about me.

I remember one Valentine's Day, an ex-girlfriend and I went out to eat at a nice restaurant and our waitress was kind of rude to us. This made me furious. I'm paying for this expensive meal at this nice place to impress my girl, and this waitress is gong to give me attitude?! I told my girlfriend that I was going to complain to the manager, but my girlfriend at the time said, "Chris, it's Valentine's Day and this poor woman has to serve all these couples rather than being out with someone herself. Don't you think she has a right to be a little upset about that?"

And that made perfect sense because I quickly remembered that not everything is about me.

SURPRISE POP QUIZ: Based on the Valentine's Day story, what fears do you think I was dealing with in that situation?

Thank You for previewing this eBook

You can read the full version of this eBook in different formats:

- HTML (Free /Available to everyone)
- PDF / TXT (Available to V.I.P. members. Free Standard members can access up to 5 PDF/TXT eBooks per month each month)
- Epub & Mobipocket (Exclusive to V.I.P. members)

To download this full book, simply select the format you desire below