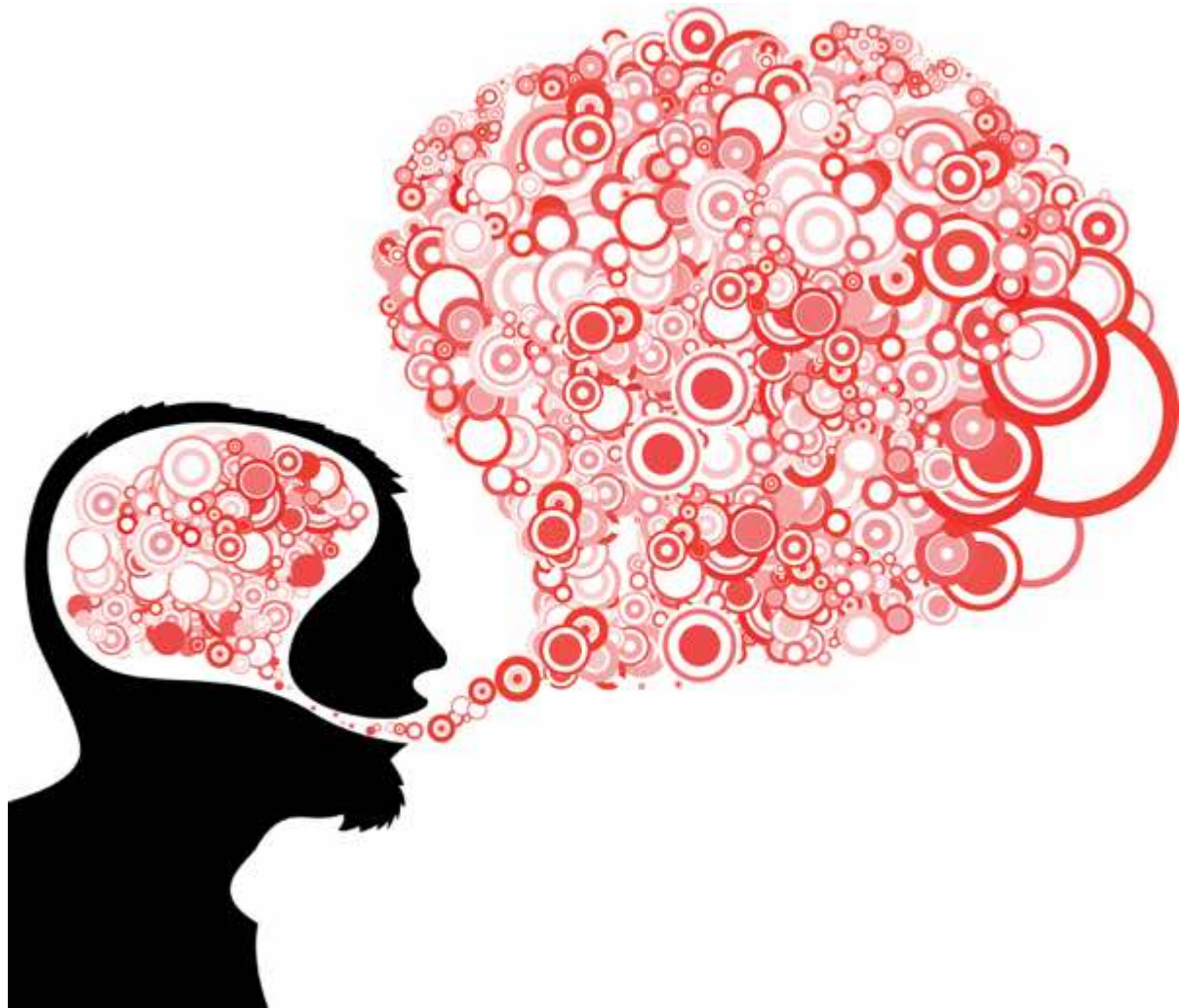


Analysis of Negative Emotions

Many think that anger is an emotion that just starts on its own and before they realize, it spirals out of control. On the contrary, anger is a defensive mechanism. It is invoked when we feel insecure so that it gets the body ready for the "**Fight or Flight**" mode of survival. Paying attention to the changes anger brings in our body can give us a hint of approaching anger.



Analysis of negative emotions include identifying thinking patterns that trigger and fuel anger. These include the following –

- **Clubbing Thoughts** – For example, "Nobody cares about me.", "Why am I so invisible to others around me?", "They all hate me."
- **Forcing a rigid opinion** – Having a non-negotiable view and opinion and forcing people to think identically when faced with opposite views.
- **Assuming and Concluding prematurely** – For example, "I know what he is implying.", "Oh, so that's what he is getting at.", "Okay, maybe he doesn't want to hear me. Fine, we are done for good."
- **Building on anger** – Looking for excuses to get angry and upset. This is both the cause and the result of irritation and brings in major misunderstanding between two people even if one of them is willing to help.
- **Blaming** – You blame everyone else rather than taking a hard look at yourself to identify problems.