

1. How we think affects how we feel – we become angry by telling ourselves angry thoughts
2. We can control some things but not others. Wisdom lies in focussing on what we can control, folly in trying to control that which we cannot control
3. Anger gains momentum in 3 stages. We need to focus on stage 2, where we can control how we think . In so doing we change we how we feel. We have not got much control over the other stages.
4. This table is a handy summary of the stages of anger and what we need to do,

Stage	Example	How much control	Strategy
Trigger: Event that triggers anger	Seagull tries to steal a chip	None, it's happened	Cultivate the attitude that you can't control external events - accept them.
Stage 1 of anger: First movements towards anger Fight or flight reaction and starting to think angry thoughts	Adrenalin, tension, feeling hot, initial angry thoughts, , impulse to attack	Not much, it's automatic	Be vigilant about noticing first movements towards anger – look out for angry thoughts
Stage 2 of anger: Response to the first movements. Can <i>resist</i> or <i>intensify</i> initial angry thoughts	"How dare it!" "I will show it!"	With practice, you can gain a lot of control using Stoic Mindfulness and Reason	Focus on rebutting angry thoughts
Stage 3 of anger Thinking and behaving and feeling, depending on what happened at stage 2	Kill the seagull in a fit of rage	If we have succumbed to angry thoughts, then little control, we have fallen over the precipice	The best we can hope for is damage limitation if stage 2 has gone badly