

Mountains to Conquer

Column by Bob Coombs, MA
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This Column is written especially for men!

Time Out, Part 1

A friend asked, "What does Mountains to Conquer mean"?

I explained that the mountains are symbols of obstacles in our way which interfere with our ability to live enjoyable and productive lives. I then added that the obstacles usually interfere with our relationships and bring pain. In this month's column I will talk about the first of several Anger Management Tools (Techniques) which I call the "protecting my own neck, tool". Next month I will describe the "Time Out" tool.

Tool # 1. Stop, Think, And Don't React!

This technique has several benefits which can make the difference between striking out in anger or refraining from hurting others by avoiding a violent impulsive outburst which can sometimes cause injury or even be lethal.

First: By taking time to think without immediately reacting, you have time to think of better ways to handle the situation. You can choose other anger management tools that will preserve your self respect as well as the respect of your family and friends.

Second: You have time to think of all the consequences if you hurt someone. It is better to eat your pride than to face police, judges and possible jail time if you hurt or kill someone. Remember, assaulting someone is a crime, even if it is your spouse. When you are angry or feeling cornered, you may experience an adrenalin rush, which may override your judgment. When this happens you are more likely to hurt someone.

Third: By not reacting, you are able to use your head and not your muscles. All violent acts can be avoided if you just hold back and do not become physical or reactive. In my training, I learned that violence is a learned behavior. This means that what you learn, you can also unlearn.

Your feedback is welcome. Write to:

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