Karren Garrity

Master Your Feelings Podcast

Episode 2

Anger is a good Thing (Show Notes)

Welcome to another episode of Master Your Feelings, Master Your Life with Karren Garrity.

Karen is a Licensed Professional Counselor and Nationally Certified Counselor in NW, Connecticut. She is also the author of “The Tool Box: Building Better Relationships with Teens” which you can find on [Amazon](http://www.amazon.com/gp/product/0615640427/ref=as_li_qf_sp_asin_il_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=0615640427&linkCode=as2&tag=garritylpc-20) and her website [www.toolboxprogram.net](http://www.toolboxprogram.net).

Karren has many tools and programs available for you on her website and we encourage you to visit and [email us](http://www.toolboxprogram.net/contact.html) if you have any questions regarding this podcast episode or questions about Karren’s programs.

In this podcast entitled “Anger is a Good Thing” Karren talks about how anger is a good thing because it is a very clear message that we need to do something different.

She explains that anger is a secondary emotion that you feel when another need or desire has gone unmet. In other words it is a **reaction** to another emotional or physical need or situation.

Anger is a red flag, a warning sign, that something is wrong. There has been a miscommunication, perhaps misinformation, or even a shortage of resources.

Recognize this as a huge SOS message that it’s time to do something different so that you don’t slide into a nonproductive cycle.

Have you ever heard the old adage “the definition of insanity is doing the same thing over and over and expecting it to be different”? The logic applies here as well

Karren suggests: Next time you feel yourself getting angry – treat it as a signal that you need to do something different. Don’t drive yourself insane by repeating a pattern and hoping it will be different.

Ask yourself, what is it that I need right now and is there another way to get it. I think you will be surprised how this approach will not only be calmer but extremely more productive.

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Once again you can go to [www.toolboxprogram.net](http://www.toolboxprogram.net) to find tons of great information from Karren Garrity along with her book [THE TOOL BOX: BUILDING BETTER](http://www.amazon.com/gp/product/0615640427/ref=as_li_qf_sp_asin_il_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=0615640427&linkCode=as2&tag=garritylpc-20) [RELATIONSHIPS with TEENS](http://www.amazon.com/gp/product/0615640427/ref=as_li_qf_sp_asin_il_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=0615640427&linkCode=as2&tag=garritylpc-20). If you are enjoying this podcast we encourage you to head on over to [ITUNES](https://itunes.apple.com/us/podcast/master-your-feelings-podcast/id947505642?mt=2) and give Karren a written review. It helps spread the word about MASTER YOUR FEELINGS, MASTER YOUR LIFE.