

Add somewhere,  
You might end up writing a lot, hence a charged computer, enough  
battery, enough papers and pens and enough speed to keep up

New

Instead of drawing divider  
Maybe add simple sub titles

Old

Buy an isbn



Apply to all

Check grammar

**1. Redo the back cover version**

Check repeated word “process”

Print front and back cover

In the library

Update back  
Delete by on the front  
Add qr code to the books page  
On beevoice  
Direct to the book page  
With a video there by moi  
Talking about the book

Add from **JOJO**

a. It helps you regain control

Important to address  
When sharing my genuine idea  
**Make it clear**

Say:

-----  
I think  
My research tells me  
My conclusion  
The way I see it is this

You have to clearly state **YOUR**  
thoughts every time putting forth  
some kind of theory

Redo the back cover list, copy paste  
from the updated one here




Large  
Print

# RESET

FROM PEAK ANGER  
TO DEEP CALM

BY  
SOUAD BARCHINI



Check if  
this book  
is for you



## DISCLAIMER

I'm excited for the chance to share the tools that worked wonders FOR ME. I am not a therapist. The main idea is a result of an epiphany on one frustrating day.

The reason I'm sharing is that I care about you so much; I wish to see you conquer anger with ease.

That said, I have to advise you, that if you feel like you need immediate help, please don't hesitate to call 911 (if you are in the United States of America), or consult with your primary physician (assuming you have one).

Last but not least, I wish you a great read. Whether the approach presented in this book works for you or not, remember, it's only one way out of so many ways out there. Perseverance yields results. I'm here to remind you that you are on the right track, you should be proud of yourself.



## Acknowledgments

My mother Fayrouz, my partner Zaid and brother Ghassan, my daughter Joud. Thank you for your unconditional love and support.

My close friends, who consistently reminded me to make sure that share my thoughts with the world.

Vadim, my dear colleague from Emirates Airlines. thank you for introducing me to my favorite author Jim Rohn. You changed my life.

My creative writing group, thank you Arleen, Beth, Ginny, Debbie, Kathy, Kathy, Ema, Charles. Your support brought my book to life.

Lynn and David, thank you for welcoming me at the Entrepreneur Collaborative Center, the best place to get inspired.



## Reader's Notes

At the end of each chapter you will find the title "Reader's Note" It's me the author:

"Wishing you a productive journey as you fill a blank or lined page ahead with notes and doodles. May your thoughts be captured, safeguarded from ever being forgotten or lost."

# RESET

From Peak Anger  
To Deep Calm

1

The Basics 3

What is this book about?  
Who is this book for?

2

Before & After

Observing Anger  
Experiencing Anger

3

The Discovery

Journaling  
The Epiphany

4

How

To Reset

Pause

Relocate

Get your  
expression Tool

Record

## Why

5

Are those steps effective

Accumulating

Bursting

Acknowledging

## What

6

Are the fine Tuning factors

Intent

Focus & flow

Privacy

Speed

Recording Tools

7

Results

What to expect

8

Bonus

# Table of Contents

Chapter 1: The Basics .....	18
What is this book about? .....	21
Who is this Book For? .....	26
Chapter 2: Before & After .....	36
Chapter 3: The Discovery .....	52
Chapter 4: "HOW" to RESET .....	66
1. Pause .....	71
2. Relocate .....	79
3. Get your Expression Tool.....	82
4. Record .....	86
Chapter 5: "WHY" It Works? .....	98
1. Accumulating.....	102
2. Bursting .....	105
3. Acknowledging .....	110
Chapter 6: "WHAT" Are the Fine Tuning Factors .....	121
Intent .....	122
Focus, Flow .....	124
Privacy.....	129
Speed .....	130
Recording Tools.....	131
Chapter 7: Results .....	145
Chapter 8: Bonus.....	<b>Error! Bookmark not defined.</b>



## Figures table of content

[Figure 1](#): worth repeating

[Figure 2](#): Two Books

[Figure 3](#): Four steps

[Figure 4](#): Out of body experience

[Figure 5](#): Expression tools

[Figure 6](#): Steps Flash Card

[Figure 7](#): Accumulate

[Figure 8](#): Burst

[Figure 9](#): Broken record

[Figure 10](#): Acknowledge

## Introduction

Have you ever witnessed someone's unexplained anger? Someone you knew, was different, yet you don't know how they got there?

Fast forward few years. Have you become that person not knowing how you got there?

If your answer is yes for both questions then this book is for you.

The first moment I heard anger management was when I saw Adam Sandler's movie with the same title. To some people the story might sound unrealistic. I was only able to relate when I became the angry person I never thought I would become.

Getting so familiar with anger happens with time. You get so good at it that thinking to work on it may sound overwhelming. Where to even begin? Yet

sometimes you might get lucky to stumble upon a solution.

All my life I shared the joy of finding a great book that helped find a solution, today is my turn to share my own.

Journaling is beneficial in many different ways. Despite that fact, few people practice it on a daily basis.

My personal experience with anger and loneliness was unique. Started weak and ended up strong. I think that sharing my findings with the world is my responsibility. The thread of knowledge should not stop with my journey. Whatever I discovered today depends on previous knowledge shared by others before me. Many simple facts helped me see things with a new positive lens.

One of those simple facts that I stumbled upon and changed my perspective was knowing that: If I'm depressed, if I'm



anxious, I'm not weak, I'm not crazy, I'm not, in the main, a machine with broken parts. I'm a human being with unmet needs.<sup>1</sup>

The method of this book was born from the link between the cause of anger, and the fact that loneliness can lead to loneliness and depression.

Between professional help, and unlimited access to recourses from books, articles, blogs, videos and much more, it's easy to get lost, and miss out on the solution.

This short, to the point, illustrative concise book, will share my personal, humble, ground breaking theory about anger. The method depends on journaling with emotions. It offers a simplified journey to effectively handle anger and achieve profound inner calm without relying on external assistance.

---

<sup>1</sup> [This could be why you're depressed or anxious](#) TED talk by Johann Hari.

# Chapter 1: The Basics



"If only I had a million dollars, all my problems would be solved." I came across various people in my life expressing such a sincere desire. Each time my reaction was different. However, after coming across several true stories about it, I was able to conclude what they really need instead. Then one day, my colleague Jeff expressed his deep desire for a million dollars after serving a wealthy client; I was able to convince him that money wasn't the solution he truly needed. What he needed was a shift in perspective.

This is exactly what we are going to do with anger. Instead of finding a solution

for it, we are going to focus on knowing every single hidden reason causing it.

Throughout life, **we employ various tools to fix any kind of problem.**

This book offers a four-step process that serves as a tool to spot every possible reason causing us to be angry. Those exact reasons are why it is manifesting repeatedly and sometimes aggressively.

First let's **understand anger**. Anger is a natural and mostly automatic response to pain, whether physical or emotional. It can arise when we feel unwell, rejected, threatened, or have experienced some form of loss. In essence, anger is a response to pain<sup>2</sup>.

Now, let's dive into **the concept of the subconscious mind**. Think of it as a huge memory bank, it permanently

---

<sup>2</sup> Article: [Psychology of Anger](#)

stores everything that ever happens to you. And its capacity is virtually unlimited<sup>3</sup>.

I bet you've already come to the **conclusion** that delving into the depths of our subconscious mind will provide us with all the answers for our pain.

It's worth mentioning that this is precisely **what professionals do** to fix emotional matters such as anger.

The book you are reading is designed to **empower you** with accurate results, and may also be considered faster than the conditional time professionals consume for the same results. **xxxxxx**

---

<sup>3</sup> Article: [Subconscious Mind Power Explained](#)

## What is this book about?

This book is about tending to our anger by **addressing a fundamental need**: the need to be acknowledged.

Since the subconscious mind stores everything, we will tune in to it and **listen attentively** to its insights to tell us all about the causes of our pain.

Giving the chance to the subconscious mind to share all past untreated emotions without interruption will create a **bonus side effect**; a temporary profound sense of deep calm in the midst of an anger episode.



**For example**, long-term negative communication between couples can lead to serious concerns and numerous clashes. The ideal first step toward building a stronger relationship is open

and detailed conversation about all the issues at hand. By being honest about every single one of those issues, we allow ourselves to the possibility of a fresh start. It's a chance to know exactly what need to be worked on.

Such a stormy relationship between couples is **similar** to our relationship with our anger stored in our subconscious mind. By connecting with our subconscious mind and allowing it to express itself, we take the initial step toward addressing the underlying issues that cause us pain.



Have you ever **wondered why** you find yourself becoming increasingly angry? Have you ever questioned why many times things fail to make sense? Why situations often don't add up—the timing, the circumstances, the reasons.

The reason we constantly **seek answers** is because understanding the "why" is essential for gaining rationality in our lives.

My friend's younger child Joe is 13 years old. When his mother asks him to perform a chore, he gazes without answer, and never does it. Yet when she explains why she needs his help, giving to be a good reason. Only then, his face reacts with certainty. His mom hears a clear reply "Ahh" then right away, proceeds to do the chore.

Now, imagine knowing the exact list of reasons behind the anger, the turmoil.

I am thrilled to **announce** that this book will provide precisely that.

**In a nutshell**, this book will teach you an effective method for journaling your emotions.

What sets this book **apart from usual journaling** is the emphasis on the right timing, utilizing the appropriate tools, and considering vital fine tuning factors.

The **ultimate outcome** is going to be gibberish conversations that contain a clear list of reasons that are causing you pain—the very pain that repeatedly manifests as anger.

Throughout the book those "reasons" may also be referred to as "triggers", they are the buttons that can easily be pushed even without our consent, leading to the unconditional repetitive anger episodes.



Did you know that knowing the reason of a problem in many cases can be more important than the treatment?



My friend Renee, 55 years old at the time, noticed red color in her urine. Her panic level increased while trying to find out what was wrong. The doctors ran several tests. They couldn't detect any exact reason. They were trying to decide what else can they do while she cried, thinking how full of life she is, and definitely not ready to die.

At the end of that drastic day, she remembered that the previous night she ate a big bowl of beetroot salad. Light bulb, beetroot was the definite reason for the red color in her urine.

So to have better control fixing any problem a successful diagnosis should take place before attempting any treatment. Imagine if she was given a wrong medicine, trust me, this happens.

And this is where we are. This mini book you are reading now serves as the first step: (diagnosis). It will make sure you know exactly why you are getting so angry more often.

Much like what happens during a doctor's visit, the initial steps involve understanding the source of your discomfort. Only then can the doctor prescribe a remedy tailored to your need, to ensure a successful fix.

### **Who is this Book For?**

Finding a book that caters to everyone's needs is a challenging task, and to save you time and effort, I invite you to determine whether this book is for you or not before reading the whole thing:

1. Review the following statements<sup>4</sup>.
2. Mark the options that apply to you.

---

<sup>4</sup> The same checklist is available on the back cover of the book.

3. The more ticks you have the more you will see relevance between what you seek and what this book is offering.

### **This book is for me if:**

- I used to have control over my emotions, but now I find it very difficult and I don't know why.
- I'm committed to do what it takes in order to effectively manage my anger and reclaim my peace of mind.
- I appreciate the concept of DIY (Do it yourself).
- I prefer finding solutions on my own rather than relying on specialized professionals.
- I find fulfillment in dedicating time to address, take charge, and manage my personal challenges.
- I have a thirst for knowledge and believe that acquiring new

information opens doors and may lead to positive change.

- I believe in the power of simple remedies and their potential to make a significant difference.
- I enjoy exploring and experimenting with new and useful solutions.
- I am captivated by intelligent and logical theories and approaches.
- I resist taking medication and make a conscious effort to avoid it.

# Reader's Notes

*"Chapter 1: The Basics"*



---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---





---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



## Chapter 2: Before & After



Karen had high blood pressure for years. She gradually learned how to detect seizures early and what necessary steps need to be taken in case of an emergency.

One day, her younger sister Liza experienced the same symptoms. Karen guided her sister easily through the process. Afterwards, Liza apologized to Karen, confessing that all those past years she thought Liza was making the whole thing up.

In the realm of personal experiences, each individual perceives things from a unique perspective. This understanding forms the foundation of why any person

would embark on a journey to show you how some things are done.

So here I am, hoping you would Join me as we explore the path of resilience together, discovering how to turn anger; this negative, painful experience into a remarkable advantage.

## Observing Anger

Growing up, I witnessed different people in numerous instances where they manifested anger in various forms. Thus, it was not surprising when I observed my dear aunt, Anita, express her anger. What saddened me, however, was witnessing her transition from an optimistic, vibrant individual to a pessimistic one repeatedly exploding with unjustified, suppressed anger.

## Before

Around the age of twelve, I began receiving comments about my wisdom beyond my age. For a long time, I embodied confidence and control, becoming the person others talked to about their deepest secrets, and sought out for advice.

## After

Many years later, things changed. I found myself losing my temper more frequently, as anger built up within me. One day, I was startled to realize that I had been incessantly muttering to myself throughout the entire day. Something was definitely not right.

Witnessing my aunt's transformation evoked sympathy within me. However, discovering the extent of my own change was a profound shock. When I attempted to assemble the pieces of the

puzzle, I struggled to comprehend the big picture.

Regrettably, by the time I recognized the depths of my anger, it was already too late. I had no idea how to confront or resolve it; it felt similar to being forced to watch a horror movie half way in.

I felt so lonely, things escalated to such an extent that eating became a chore. Venturing outside my home to spend some time doing anything seemed unthinkable. The only time I was fine leaving the house for was when I had to get groceries or go to work. I became emotionally numb, even with the support and love of my family and friends, the barrier persisted, posing a significant challenge to overcome.

At work, a voice in my head reminded me of the importance of my job in

supporting my family. This haunting voice served as the primary driving force for maintaining emotional balance around my colleagues, despite numerous gaps in communication. Sometimes, even the simplest task felt overwhelmingly daunting. It was discouraging to realize that I was no longer able to give my work one hundred percent, as I had previously gained joy from doing so.

During that difficult period, customers at work became my source of comfort. They possessed a healing power that allowed me to retain some sort of strength and harness moments of peace. It was as if I were living a double life—a life blessed with this source of comfort while simultaneously feeling utterly lonely within the confines of my own



home and very limited social life. Add also the struggle with work peers.

I pushed myself to see the company's shrink. Her conclusion was that I'm lonely. Solution: I need to go out more often and meet people.

A variety of factors contributed to my predicament during that time. I found myself working and living alone in a foreign country, surrounded by dissatisfied and ungrateful colleagues. The absence of my family, the lack of love life, and the minimal connection with my close friends, made it so hard to lean on, all increased the weight I carried. Yet, deep down, it felt like there was more to it than just these individual circumstances.

Ultimately, I no longer recognized myself. A lingering sense of unease

accompanied every outburst of anger over the simplest of things. Anger had become my primary mean of expression, a mode that I would have never consciously chosen. It was the unhealthy kind, the kind that weakens a person's well-being.

While your experiences may differ from mine, I am certain that you, or someone you care about, have encountered genuine hardships that led you to my tiny book.

As individuals, we are unique, yet our reactions can exhibit remarkable similarities. This is a glimmer of hope, as it means that our paths to healing can also share similarities.

Bottom line, my humble discovery might simply be the answer to someone's

prayers. And I wish to be that servant who makes the difference.

# Reader's Note

*"Chapter 2: Before & After"*





---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# Chapter 3: The Discovery



I have a confession to make: complexity overwhelms me. When a dish has too many ingredients, it dampens my appetite. This is precisely why I am drawn to the simplicity of the concept behind RESET. It was born from just one ingredient: journaling. It all happened one frustrating day that sparked an epiphany.

## Journaling

The benefits of journaling are widely recognized and not mysterious. I started journaling at the young age of fourteen, expressing my thoughts through poetry. It felt freeing to translate my inner thoughts into words. I would write them down on scattered sheets of paper, even

wrote it once on wet, scented tissue paper that I accidentally left in my back pocket, forgotten.

One **fateful** day, my aunt Luna took offense to how I addressed her. With an challenging expression. She looked at me with an ironic face that I never forgot, and recited a line from my poem—the very poem I had written and lost track of.

It felt like she invaded my private thoughts and crushed my passion. The only solution I could come up with at that time was to stop writing altogether. I effectively silenced my self-expression, driven by a fear that my innermost thoughts would be brutally exposed, especially at such a young age and with limited experience. The lack of a private platform to record my thoughts only increased the lack of privacy I faced.

Fast forward twenty years, as I listened to Jim Rohn's audio book, "How to Write a Journal." It not only emphasized the importance of journaling but also the significance of documenting our emotions. At that time I was already familiar with journaling; yet the idea of keeping a log of my emotions resonated deeply and proved extremely valuable in the long run.

As demonstrated by Jim Rohn's impactful examples in the audio book, analyzing past experiences, led me to profound realizations. It was a catalyst for reigniting my journaling practice.

### The Epiphany

One sunny day, at the end of one of my trips visiting my mother. I bid her farewell at Orlando, Florida airport

heading to immigration to board a long flight back to work.

As I queued for immigration; my river of tears caressed my feelings. Two hours later, I boarded my 16 hours flight, hoping to swap my middle seat with a better one.

I walked into the airplane slowly, screening for a better seat, and just as I spotted a perfect vacant exit seat, I was stopped by a passenger holding a baby explaining that his brother will be taking that seat to be closer to the rest of his family members.

As Emirates Airline staff, at the time, I always felt that being able to fly on our airplanes was a huge privilege. I always appreciated the chance. It was one of many reasons why I always put our passengers first.

With that in mind, I didn't say anything to the passenger about the seat. I calmly headed towards my assigned seat, feeling angry and hopeless. First, for not being able to stay longer with my mom, second: for not being able to get the better seat, and third: for not being able to even argue about any of it. **add third not getting a better seat and fourth..**

All those reasons led me to the obvious alternative, simply, throwing a quiet internal tantrum.

I headed to my assigned seat, sat down with attitude, blowing my hot anger throughout my nose like a bull.

Then I remembered that I've been logging incidents in my journal lately, with detailed feelings. With this swift thought in mind, I rushed to get my laptop as fast as I could, opened a new



word document, and then poured all my anger on the keyboard.

I expressed my anger in writing. I wrote everything that crossed my mind, relevant not relevant, old, recent. I said bad words, I described feelings I cannot admit having when I'm calm, I kept going on and on and on.

I was so tuned to my thoughts that I didn't hear any of the noise around me, loud airplane engines, passengers finding their seats, noisy upper compartments opening and closing while passengers are storing their hand luggage, cabin crew moving around like bees preparing for takeoff.

I said everything I wanted to say in writing, until my mind was blank; I had nothing else to think of, at all.

At that particular moment I realized something very strange. I felt deeply calm. Where did all that anger disappear?

# Reader's Note

*"Chapter 3: The Discovery"*















## Chapter 4: **“HOW”** to RESET



When I shared my book idea with my best friend Sally, her response was, "Seriously? Why write an entire book when the solution is too obvious? Its journaling with emotions, isn't it?"

She made a valid point, but it was only the tip of the iceberg.

Isn't it a good reason to help others switch from bursting with anger to deep calm?

I checked the book on how to overcome anger, amazing .. but it takes time, routine practice.

What I have here is different. Its instant. I really love fast results. As sloppy as it might be. Its my thing. Always said it to

mom. Sloppy but there are results. And many times you cant tell the difference between the perfectly detailed one from the sloppy work I make.

Her comment also reminded me of what I learned from John Adair's book, "The Art of Creative Thinking." Adair emphasized that creativity doesn't always require reinventing the wheel; instead, you can build upon the work of others. This book I'm writing serves as a prime example of that idea.



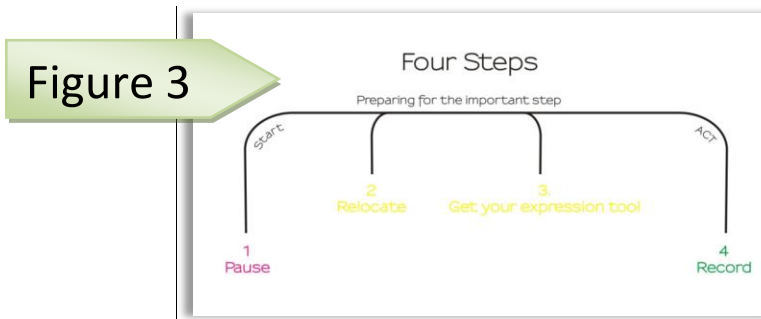
I went through what happened that day on the airplane, to uncover “HOW” I ended up feeling so calm right after so much anger. Slowing down the situation helped identify four clear steps:

1. I stopped engaging with the person that caused my anger	<b>Paused</b>
2. I headed to my assigned seat	<b>Relocated</b>
3. I got my computer ready to write	<b>Got my expression tool</b>
4. I continued the emotional explosion in writing	<b>Recorded</b>

Now let's analyze it.

The process starts by pausing, and ends by full data dump of intense emotions onto a writing medium. Which makes relocating and getting the expression tools the supportive tools. Their main role is preparing for the most important step, which is to record my emotional burst.

Check figure 3. [Change start to stop in the drawing](#)



Those four steps will urge your subconscious mind to speak up.

Knowing the steps and understanding how they work, is like when you read a manual to learn every aspect of something new, such as a new device. Reading this short book will make sure of that.

As for this particular chapter, it contains the seed of the solution.

Since we are dealing with an emotional matter, you can't read the first step while you are experiencing anger, apply

it then navigate to the second one. These four steps will require high speed and accuracy of application.

That is why for best results; it's highly recommended you read this chapter as many times as you need, until you can apply it when needed without having to get back to the book to make sure it works smoothly.

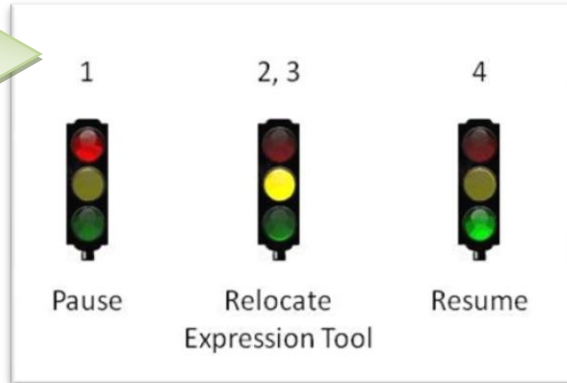


The traffic lights analogy is an excellent example of how these steps function. However, when it comes to the four steps, it's backwards.

It **starts** with red, pause the interaction with the cause of anger. Yellow, is for **preparing** the necessary tools for the crucial final step. Ultimately **green**, you take action and record by attentively writing down every single thing your

subconscious mind has to say. **change to record not resume in the drawing**

Figure 6



Let's take a closer look at each step:

## 1. Pause



Finding clarity and rational thinking amidst an anger episode can be incredibly challenging. However, let's explore the possibility of an alternative approach.

When we disregard or suppress our emotions, they can often find their outlet through anger. In these moments,

we may feel a loss of control over the timing, location, and manner in which it manifests.

This emotional outburst can be all-consuming, causing us to lose touch with our surroundings. However, amidst the intensity, there are instances where we may have moments of sudden insight and realization.

This moment of realization is what we are going to work on strengthening to be able to pause.



For me that day on the airplane, that moment was when I thought: “I’m not getting anywhere with this, plus, arguing, might cost me my job”. That was the moment I was able to pause.



Personally, retreating that day on the airplane was a result of fear, specifically the fear of losing my job. While it may be considered a negative motivation for finding a solution, it served as a powerful driving force to take decisive action like disengaging with the cause of anger, later defined as pausing.



You are reading this book seeking a solution for anger. The realization may be a loud voice in your head stating: “this angry person is not me. If anger keeps taking the lead, I will end up suffering the consequences”. Such a thought can give a logical incentive to pause.

I'm certain that you can relate to this experience in one way or another. And if you can't recall a personal story at the

moment, perhaps Norah's story will help you recollect similar situations.

My friend Norah was fifteen-years old when she moved with her mom and little brother to an old 3-bedroom house. Even though the house consisted of two bedrooms upstairs, they all slept in the one and only bedroom downstairs. They thought it was normal for them to stay all together there because they never had separate bedrooms before; in addition, the other bedrooms were in bad condition.

One day her aunt Jasmine and her two kids paid them a visit for a few days. Everyone squeezed into that one bedroom downstairs. Norah found herself suffering when everyone else was fine. That first night going to bed all together was one of the worst experiences in her memory.

For Norah, the simple thought of experiencing the same messy bed time routine pressure for few more days was enough to encourage her to go upstairs that same day in order to find a solution. This is when she moved to the second floor. Even though the room was in bad shape and isolated, it didn't matter. Having her own private space felt so good.

She moved upstairs with a mattress, a pillow, and one sheet that she spread on the floor, pretending it was her closet. As scary as it was to sleep alone in that isolated part of the house upstairs, it didn't stop her from enjoying and announcing her independence that day.

Did you have a flash back? A situation that didn't suit you at all, that called for action, and after you took action, you

enjoyed the result, and your life was never the same?

Pausing will give you a similar satisfying sensation. Despite how hard it may seem now that you are reading about it, and later when you decide to do it, by pausing you will be flipping a pressure moment to your advantage.



During your anger episode, when you have a tiny window of rational thinking, it's as if a part of your rational brain is trying to take over. It's as if a shadow image of you is looking down at the situation from up above, manifesting an out of body experience<sup>5</sup>.

#### Figure 4

---

<sup>5</sup> Clear example found in the movie DR Strange, part one, treated on a hospital gurney

Looking at the situation from this angle enables us to grasp a clearer visual. At that exact moment, it's possible to pause. It's as if you have weighed your options and it's time for you to act.

Now that you are reading this book, thinking about pausing is like planting a seed of the idea in your mind.

I didn't plan for it, but it worked well for me that day on the airplane. Which means it can work well for you too.

Having a goal in mind prepares you for taking action when an opportunity arises. It signifies that you have a plan, and having a plan allows for potential changes. Even small changes can greatly impact the overall outcome.

## Reflect

Now let's revisit the first step. This is how it will unfold. When you find

yourself overwhelmed with anger. This book comes to mind. The first step is to pause. As soon as this idea enters your thoughts, it becomes your opportunity to regain control.

Remember the important reason that led you to read this book. Why you want to switch from anger to deep calm. With all this in mind, avoid engaging further instantly. Discontinue any interaction with the trigger of your anger. Move swiftly to the next step.

### Important

You might provoke the person in front of you. Do not ignore. Acknowledge him or her for example by showing facial expressions, as if you have a headache or something. Touch your head with your hand to emphasize it, and then leave as fast as you can.

## 2. Relocate



Relocating is vital to seek privacy and prepare to get to the next step fast.

The anger burst is like a bubble with two elements: you, and the cause of anger. When you step away, you are breaking out of the bubble. Ultimately, your sense of control will be reinforced by this simple notion.

Another example is when accidentally cutting a finger while preparing a meal. Despite the intense pain, one doesn't stay stuck in that moment. Instead, one immediately heads towards where the first aid kit is kept. Physically pushing oneself to move towards the solution, seeking a solution, care and relief.

Just like that, when you step away from the source of anger, you are actively seeking a remedy and creating space for healing.



Alternatively, you may feel like you're surrendering or admitting defeat by avoiding confrontation. However, it's important to remember that the reality is quite the opposite. In fact, you are displaying strength by separating yourself from the emotional explosion, even if it's just for a brief moment. By doing so, you can harness that strength and transform the situation to your advantage. So, stay resilient and strive to move swiftly to the next step.

When it's time to physically relocate to a different space, make sure it's comfortable, somewhere you can sit and



write. As you imagine the situation, you may start to brainstorm potential options and strategies, especially if you find yourself getting angry frequently. Perhaps you have some insights into when and where these episodes tend to occur.

## Reflect

You paused, you gained control. Now physically go somewhere you can sit, a place you can be ready to get you expression tool. Somewhere less likely to be interrupt. Somewhere with noise that you can tolerate. Consider the lighting and the temperature. Any factor that might affect you. You are the only person who knows what can affect your flow of thoughts. No reason is simple or unimportant. Take this matter very seriously.

### 3. Get your Expression Tool



Preparing for a battle in the middle of a battlefield is challenging. That's precisely why you're reading this book and proactively equipping yourself with the necessary knowledge ahead of time. It's crucial to study and understand how to prepare for the fourth and final step, which is of utmost importance. By doing so, you'll ensure that you're in the right state of mind when the time comes to implement it effectively.

The key to effective preparation when it comes to getting your expression tool is knowing precisely which writing tool you'll be using and ensuring it's readily available whenever needed.

The crucial aspect is that this tool should facilitate the swift, easy, and clear recording of your overflowing emotions through writing.

You have various options for your expression tool:



1. A traditional notebook with a pen or pencil (as long as you can read your hand writing afterwards)
2. A writing app on a device, such as a Smartphone, tablet or computer (or any other new technology)
3. An audio recording device (which won't be covered in this book cause I've never tested it for the lack of efficiency of results, read more about it in chapter six)

The key is to select a tool that you are comfortable using. In other words, avoid choosing something that you rarely use.

It should be a tool that you can use effortlessly, without having to think too much about its operation. This way, your mind can fully focus on acknowledging the flow of thoughts and emotions without being distracted by the tool itself.

The contrast between familiar and unfamiliar is like difference between driving an automatic and a stick-shift car. Imagine you're used to driving an automatic vehicle. However, one day your car breaks down, and due to certain circumstances, you're left with no alternative but to drive a stick-shift car while yours is being repaired. Shifting your focus to driving a stick-shift becomes a distracting task. It may feel as

if you're learning to drive all over again, potentially hindering your ability to enjoy something as simple as music or engage in other activities that you typically do while driving an automatic.

Whether you are already confident with your choice of writing tool or not, I highly recommend visiting Chapter six for further insights about [recording tools](#).

## Reflect

So far you have paused and relocated. Now, it's time to get your expression tool. For instance, you might touch type fast, and always carry your fully charged mini laptop for different reasons.

It's important to note that all those three steps should not take more than a minute or two. You have to be at peak anger when you start recording.

## 4. Record



we have counted down from four. Now its zero.

You are mentally and physically ready to capture the anger episode with your explosion of thoughts and now is the perfect time.

You did all first three steps so fast. You are still at your peak anger. This is very vital for success.

It's important to note, that the main role of the first three steps is to set the stage for this last step (Record). It's the step that will get you to record the gibberish conversations which contain the emotional triggers within it.

## Reflect

You've paused, took control, moved somewhere else, sat down, got your expression tool ready to start, it's time to **Record**.

As if your subconscious mind was stopped at red lights, you relocated, then got your expression tool on yellow, finally its green, go!!

## Rules

- The most important rule
- Is that there are no rules
- Just write
- Write and write and write
- it's time to "explode,"
- don't hold back
- write the words you want to shout out loud
- write everything you are thinking of and feeling
- write anything you want to say

- express your anger
- relevant or irrelevant
- just write it down
- there are no rules what so ever
- your writing doesn't have to be grammatically right
- or in proper paragraphs
- hit enter whenever you feel like it
- just write
- let it all out

### What to write about?

- Express your thoughts
- About this situation
- Or other Situations
- Emotional description
- Bad words
- Talk to people
- Mention places
- Talk to an imaginary person
- Or animal
- Talk to dead people



- Re-discuss unresolved fights
- Any unresolved matter
- Whatever comes to your mind
- Anything at all
- Cry
- Shout
- Hit the table
- Harass the keyboard with extra unnecessary letters for a simple word
- Analyze
- Conclude
- Say what you think the other person should have said
- State how someone should have dealt with a situation
- compare
- accuse
- judge
- explain their point of view from your angle

- your point of view from their angle
- all of it

let nothing stop you

keep writing non-stop

until your mind is absolutely blank

do this until you have no words

no thoughts

no more emotions to express

### Reality Check

When you stop writing run a quick check. Are you still angry?

# Reader's Note

*"Chapter 4: "How" to RESET"*







---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---





---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## Chapter 5: “WHY” It Works?



A kid hit his friend. His mother asked why you hit him. He said he hit first.

Despite the mother’s reaction towards her kid, do you think deep inside she was against her son defending himself by hitting the other kid back? I doubt it.

It always goes back to the “WHY”

Why this book?

Why will it work?

Why ....?

Here is why.

### Anger Stages Simplified

Anger doesn’t manifest repeatedly over night. It only happens after the

subconscious mind starts experiencing neglected important emotions for a good number of times over a long period of time.

For example, for weeks, a teenager gets harassed and bullied daily at school. No teachers support. Gets back home, no parent support. Everyone starts realizing the kid is changing, yet no one was able to help the boy feel better. Then the kid's sister starts acting out. Then one day his best friend stops talking to him.

What do you think happens next? You guessed it, anger bursts.

When we experience anger, I see two clear stages repeating:

Stage 1 Accumulating:

Registering unresolved issues

Stage 2 Bursting:

Expressing pain through anger

Now imagine the same for adults. Years later, after losing track of who did what and what happened exactly. We end up with those first two stages going on and on repeatedly. Some call it The Broken Record.

In Chapter four, to RESET, you apply four steps which create a new stage:

Stage 3 Acknowledging:

Recording every painful emotion stored in the subconscious mind.

This last stage is going to fix the broken cycle.

We can see the first two stages in a young baby girl who is going through unpleasant incidents, one after the other, until she reaches her maximum limit of tolerance and starts expressing frustration with temper tantrums.

The third stage in this case is when the mother acknowledges her baby's pain by taking her in her arms when she bursts with anger. Smell her hair, caresses her tiny body, then slowly with all the love she can express through her eyes, looks into the little girl's eyes, and say "I love you" wait for the sense of connection to be established, then say: "Tell me all about it?" and note down all her reasons with care. Listen to her point of view, every detail, every expression.

Now back to the acknowledging stage. Tuning to the subconscious mind conversation is "acknowledging" the pain.

Does this sound too simple? Because it is. No wheel is reinvented here. Journaling with emotions, at the right time, until your mind goes blank is a way to acknowledge your feelings. The right

timing is when it bursts, when its ready to engage. In other words, shout.

To be precise, it's as if you are tuning to your best buddy's need. Listening attentively when it's ready to say everything he or she needs to say.

Now let's go through each of those anger stages (Accumulating, Bursting, Acknowledging), to get an idea of how anger builds up, and how the four steps (pause, relocate, get the expression tool, record) work in action.

## **1. Accumulating**

We think an average of 60,000 thoughts a day, with 95% of them being governed by the subconscious mind. As mentioned earlier, our subconscious is where we store all of our emotional information and memory, such as the emotions we associate with our traumas and hurts,

our fears, anxieties and insecurities, our mistakes, wrongs and regrets<sup>6</sup>.

Imagine it like containing toxins. All of which may be the root cause of pain. As long as the reason of pain is not fixed, it keeps hurting.

Most of the time, we tend to forget all about the situations that caused those registered negative emotions; but the subconscious has every detailed emotion generated by those situations stored safely.

It keeps hurting like a lurking thief, never goes away, stealing the sparkly good feeling of great moments in our lives.

The only way to get rid of that pain is by resolving the exact reason/trigger causing it.

---

<sup>6</sup> Source [“Understanding the Subconscious Mind to Heal Ourselves”](#)

## Add container is not full to the drawing

With all this in mind, look at the next drawing and imagine the following

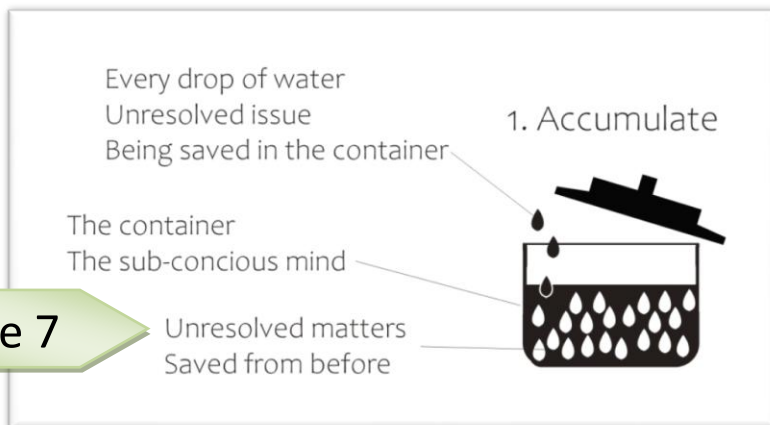


Figure 7

- ★ Imagine every unresolved negative feeling is like a drop of water
- ★ Stored into one main container
- ★ Which is the subconscious mind
- ★ As humans we can manage having many of unresolved matters
- ★ As much as our subconscious mind container can take
- ★ As long as the container is not full
- ★ We get angry less often
- ★ The pain is still tolerable



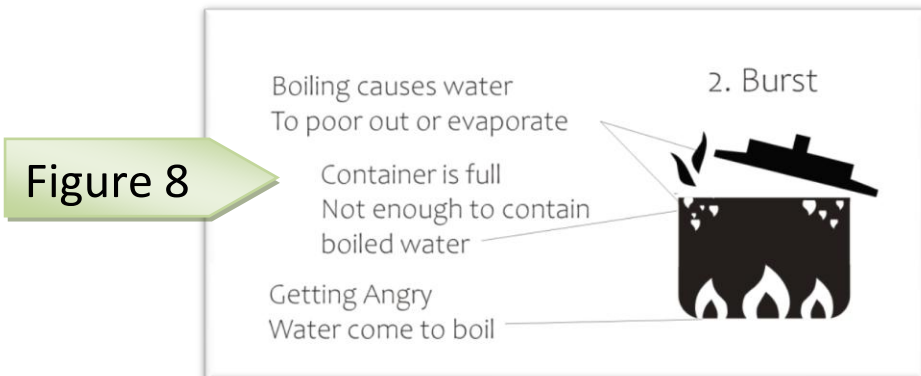
- ★ The container can still take more droplets of pain

## 2. Bursting

One day, we realize, we can't control our explosion of emotions. One of those explosion types is anger. We keep bursting, even for the simplest reasons.

A big question mark rises up. Why? Since it's not easy to keep track of every unresolved matter, we find it so hard to spot the exact trigger for every anger episode.

With all this in mind, look at the next drawing and imagine the following:



- ★ Drop after drop of water saved into the container until it's full
- ★ Full is when we can't control our anger anymore
- ★ Getting angry is as if the water had come to boil
- ★ Pushing drops of water to move
- ★ Feelings from unresolved matters are awake
- ★ Suppressed, ready to express itself
- ★ Not enough space in the container for the water to boil
- ★ In physics boiled water pours or evaporates
- ★ This is when we start expressing anger more often
- ★ With less control over when or why it happens
- ★ And most importantly not knowing why it's happening

## The Broken Record

You had a fight with your best friend. You hurt each others' feelings; it got complicated, both of you got angry. What happens next?

One of the known ways to deal with the anger in such a case is journaling. You would write about it sometime later.

If you have friends, colleagues, it may feel natural to start talking about it. Then what? Anger and hurt feelings keep building up every time you talk about the situation, sometimes for several days. Talking about what is hurting us resulting in complaining about the situation, the friend, everything.

Most of the time conversations end up being interrupted, stopping the train of thought. For example:

1. By comments, or questions

2. Having to do something, like picking up the phone.
3. By getting distracted with over studying the situation, which results in multiple theories and conclusions. Then losing track which theory makes more sense.

It's important to highlight, that when we get very angry, is when the subconscious mind is poked, ready to talk all about the pain stored in its memory.

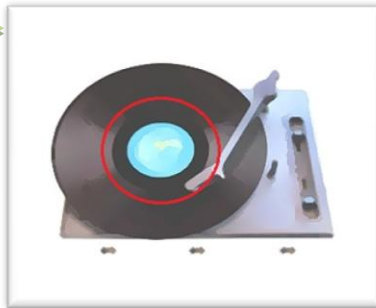
The above interrupting examples are some of the reasons why we don't get to connect with our subconscious mind at that sensitive time, when it's ready to tell us all about the pain.

I clearly see it as a repeated cycle of the first minute of a song, only the beginning, yet never completed till the end, very similar to a broken record.

## [Look up the ocd graph with the circle](#)

Now with all this in mind, look at the image below and imagine the red circle, it's the repeated part over and over. Check Figure 9 below.

Figure 9



Imagine what happens to the subconscious mind, when it's ready to tell about all the hurt from the past, then getting interrupted only after few thoughts, over and over again, every time we get angry. It's like never getting the chance to finish a conversation about the source of pain.

This picture is very clear when watching a raging child with anger. Adults can keep the anger in sometimes, hide it, but children are more prone to act it out, so healthy, and very helpful for parents to spot, if they are keen to discover early triggers, and reasons for tantrums, and fix them then by observation, and conversation.

### **3. Acknowledging**

Now that we know that anger is pain, and that getting angry is like poking a wound, the result is “ouch.” It is a cry for help.

Back to Carol and Gina. Carol didn't even know why she was not herself with her Gina. All she remembers was that she couldn't be nice.

The conversation escalated so fast. Gina for the first time they hurt each other.

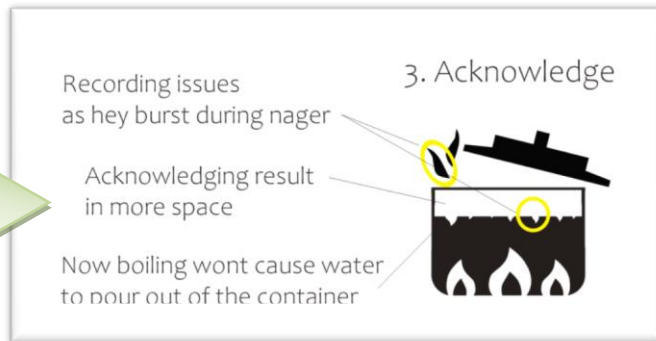
The fight was on the phone. Carol paused for a second, if she moves on with her misbehavior she will lose her valuable friendship. Decision made. In the middle of the fight, she said: “you wanna know why I’m like this?, I’m, I’m, I’m gelous!!” then she spilled everything out.

The big disagreement between the two friends escalated. A new option was possible. Carol caused the issue, she decided to explain WHY she did that.

She was shocked from Gina’s reaction: “oh honey I’m so sorry, I understand, I’m so sorry, I understand” that was it. their friendship got stronger from that day onward. Willingness and perfect timing are key factors for success.

With all this in mind look at the drawing and imagine the following:

Figure 10



- ★ You got very angry, meaning your subconscious mind is bursting
- ★ As if the full container of water came to boil
- ★ The water is pouring out or evaporating
- ★ Every drop of water is a hurtful neglected feeling
- ★ When you sit down to “Record” you write down your thoughts and feelings while you’re still at peak anger, hurting, poked
- ★ Your subconscious mind will feel acknowledged
- ★ The subconscious mind’s voice is being heard



- ★ Every feeling, word, thought
- ★ It feels calm, only for being heard
- ★ Happy to see all those emotions are now logged, captured, recognized
- ★ Now they have a chance to be addressed and fixed
- ★ Every captured issue is a drop of water that now is transferred out of where they were (the subconscious mind / container)
- ★ They relocated to another container where they can be addressed
- ★ The water in the subconscious mind container is reduced
- ★ Giving more tolerance for more drops of water, the water resembles new unresolved matters to be stored
- ★ Like any storage, when freeing space
- ★ A chance for more things to be added

## Reader's Note

*"Chapter 5: "Why" It Works"*















## Chapter 6: **“WHAT”** Are the Fine Tuning Factors



I bought my first canon camera before they invented the iPhone. There were profs online about its quality taking amazing pictures as well as videos.

I never got such quality. For a camera user the first comment would be: “wrong settings” Right?

Same here. The four steps to RESET are the **“how”**. As for the list of requirements in this chapter, they are the settings, **“WHAT”** you need for the steps to be effective. They are the fine-tuning factors to guarantee the best result.

Because to be honest, the last thing I want for you is to get the book, read it more than once, then apply it, to find that it doesn't work. I analyzed, updated, tested, until I found the secret ingredients for A SUCCESSFUL result.

My mission is not only to explain how the idea of this book works; my mission is to show you how it works EXACTLY, and the points in this chapter, will make sure of that.

Why am I so invested in this? Because I know that your pain is real. How do I know? Simply because, I've been there!

Now let's go through every success factor one by one.

## **Intent**

Lora's little brother Jim, used to skip school in fifth grade. Her mother tried many things to convince him not to,

nothing worked. As a last resort, she started taking him to school herself, but by the time she would get back home, he would enter the house right after her.

Every time Lola's mother asked Jim, why did you get back? I just dropped you at school myself, Lora's eyebrows go up unintended every time this situation took place. One day her mother asked her: "what's with that look?" Lora answered: "he doesn't want to go, and you are asking him why you got back? He never intended to go the first place, can't you see?"

Of course she did, but as a mother, her main job is to keep trying.

This book may contain a solution that you need. It is why I wrote it, and it is why you are reading it. That said, unless you have the intent to work on the

matter in subject (Anger), no book in the world can help you.

The first time I heard Tony Robbins say that we are driven either by joy or pain, a lot of choices in my life made more sense.

If you find it hard to set your intent, think about the reason you picked up this book. Make sure you intend to benefit from it. Why waste your time and efforts?

### **Focus, Flow**

Serena is a graphic designer, when she graduated; she used to work on the family computer in the living room. Her seat was next to the main house door. Many times, family members and friends would visit and leave; she wouldn't sense any of it. Later they would complain: *"We came and left without*

*you even noticing our presence*". She was so tuned to the designs she was making, that she used to easily disconnect from surroundings.

Whether we are fighting with someone, or the fight is inside our head, it's a party against our exploding subconscious mind.

When you record you switch internally, the voice from within, to hear what the subconscious mind has to say. It may not be easy to disconnect from the surrounding stimuli, which is a person or you. All you need is two important things:

1. the intent to make it work. Once you have the decision approved by you, no one else can change it.

2. To be very angry. It's when the hidden feelings will surface ready for you to capture.

Once you focus, you will be hearing the voices of your thoughts, coming from your mind, loud and clear. The voice of your subconscious mind telling you about all the hurt like a lost soul trying to find its way back home.

In fact, I bet you have done it before. Remember a time you had an important phone call, and someone around you is insisting to interrupt you. You reply with a hand gesture to that person *“wait, I’m busy, not now”* Right after that gesture, you get back to the important phone call, the voices around you volume goes down to almost zero.

Physical gestures are very effective. The mind reads gestures, and take them as orders. It means: you are the boss.

It's not realistic to ask you to make sure you don't get interrupted while you write. It's very hard to create an ideal environment.

Thinking back, the day I stumbled upon this humble discovery, it was not even close to an ideal environment. I was so angry. I just needed to face someone with my anger; there was no one to face but myself. My feelings were so loud, they helped me switch off from surrounding stimulates, and get into my own head. Practice it for few times; you will be impressed, I promise.

It's like deeply listening to a loud song, through your earphones. Notice how the

noise from surroundings becomes vague.

When the thread of thoughts is not interrupted, it allows continuous flow of feelings and memories, related to our stored painful emotions, when we focus on our thoughts without interruptions; we successfully harness all of them. All of them are the secret for to succeed, not few not most, all of them, all what the subconscious have to say.

I'm sure you have experienced the same at some stage, and perhaps you never thought about it this way. We humans, have smart brains, we come to the world equipped with many capabilities, many of which we don't easily recognize until highlighted or needed under pressure.



## Privacy

During the explosion step (RECORD) you might get emotional, your face may read a lot from the thoughts on your mind, once you dive into your deep thoughts, you may not notice others around you reading your nonverbal. Try to protect your privacy.

When I (RECORD) I hum, make sounds, wave with my hand as if I'm having a loud conversation, gestures make it feel so real, it helps me get the exact emotion with the right choice of words. Perhaps not caring of what others think of what I'm doing is a plus, at least it's what I think!! As for my facial expressions, disaster.

If you don't have the luxury of a quite private area, go to a very noisy one, like a busy café, or perhaps use your car, but please make sure you don't get in

trouble or jeopardize your safety in the process.

## Speed

Have you ever been to a restaurant, and while giving a long order you realized the waiter's face showing as if he is not keeping up? How did it make you feel the moment you realized he's not keeping up with your order and that you will have to repeat it all over again?

Now flip the situation. You are the waiter recording the order and your subconscious mind is the customer. Most of the input is passed on only once. If you mess with the flow, you may lose the ideal moment of data dump.

Find ways to be able to keep up with writing, if your method or recording is writing. Research it, rehearse it, do what it takes to keep up.

And don't make my repeated mistake. Don't lose the file. Save it with a clear date, and title, somewhere you can find it!

## Recording Tools

Before you choose between writing, typing, or audio recording, here are some insights about each.

### Typing vs Hand Writing

As mentioned before, whether it's typing or hand writing, it's important to choose a writing tool that you are used to, comfortable using, familiar with.

If you are faster typing than hand writing, then you decided to try hand writing in this exercise, your mind will slow down trying to keep up with the physical effort you are making to write.

It's very helpful if you can write as fast as you think. Keeping up with your

thoughts is like keeping up with a very heated conversation. You can't slow down.

### Clear writing

It's very important to write clear enough to read your own handwriting later. If you haven't done it for a while, your finger might get sour, which will affect your speed, accordingly affecting your mind's flow of thoughts, don't let that happen, choose a medium you are so familiar with.

### Benefits of Hand Writing

The result of this book is a long, unorganized log of thoughts. In chapter one was described as gibberish conversations. It's the raw source of important emotional triggers. This list is the source of pain that is causing you to be angry often.

Having a script from writing makes it easy to extract the list of those triggers. You will go through the writing, then highlight the important points.

### Audio recording

If you are used to audio logs, go with it, yet analyzing it later would be harder, because you will need to transcribe it, to easily go through it and mark important notes.

Imagine if you had a hour of expressed thoughts as a recording. To extract the script you need to listen to the whole recorded time, plus more time for writing.

An alternative is to listen attentively, and jot down the main points. This case scenario will result in a major downside, which is, not having the chance to revise the recording, other than listening to it

all over again. This process causes a huge waste of time. In addition to the time inconvenience, you have to find important information from a lengthy, emotional audio recording. For example your voice volume going up and down depending on the mood, maybe shouting, saying bad words, just to name a few examples.

If you use an audio to text application, it can write what you say, but consider the following:

1. Not able to keep up with you
2. Wrong spelling
3. Can't write sounds
4. Distracted by checking spelling

All this can be studied and planned, during preparation for picking up your expression tool. Good preparation yield good results.

## Writing VS Audio

Here I find it worth mentioning, that hand writing is highly recommended for many<sup>7</sup> different<sup>8</sup> reasons. Whether it's writing with a pen and paper or a mobile device.

I think that writing is considered a better choice over audio recording because, while you think the thought, by the time you start writing it down, you can glimpse at what you just wrote, allowing the mind to linger, this will help you finish the train of thought in harmony.

Also seeing what you just wrote is a proof that it has been recorded. It's out of your mind. There is a strong link between what your subconscious mind is trying to say (your thoughts) and you capturing every thought in writing

---

<sup>7</sup> Why witting by hand makes kids smarter (LabManager.com)

<sup>8</sup> Handwriting engages the brain more than typing (ctvnews.ca)

(recording). It's like a very important hand over.

Another example is when you cross the street. The walk sign says walk, it's a queue to action. You see it; you are ready to walk despite the flow of cars that was in action few seconds earlier, as busy as it was, trust had been established the moment you saw the walk sign.

## Supplies

Too obvious right? But I bet you agree that it's worth mentioning.

If you are fast and clear enough as a hand writer make sure you have a good pen, and enough paper, preferably a notebook; and several pens, you don't want to worry about numbering pages in the middle of a flow of thoughts.

## Computer Battery



It can be a computer, with enough battery life; you don't want it to die on you in the middle of the exploding process. If it was me, I might break the computer. I'm not kidding.

## Other

Every one of us is unique. You definitely have your own style and approach to anything. Accordingly you might have your own point of view. See how you will incorporate this books idea with your style, to get the best results.

## Reader's Note

*“Chapter 6: **What** Are the Fine Tuning Factors?”*















## Chapter 7: Results



As a mother, Tina shared a special way to overcome a problem with her son Kyle. Right after, she added: “Son, sharing a special way to solve a problem doesn’t guarantee the best result.” That moment she got Kyle’s full attention.

She had a deep breath and continued: “Prepare well, apply, very good chance you will yield great results. Accuracy and attention to detail is key for success. That said, if you don’t follow up and follow through with what needs to be done next, you might be destined to fail. Remember, prepare well, apply accurately, and follow through till the end.”

This is me talking to the kid in me and you. I might have access to the best solution, yet it may not work. Easy to blame others for failing, at least I was guilty of doing so throughout my life, until I learned my lesson.

As a passionate person who thrives on sharing insights with others, I find myself responsible to make sure you prepare like a pro.

I figured that the best way to do that is by telling you exactly what happened with me throughout my journey with RESET.

### 1. The First Time Worked Perfectly

That day on the airplane, RESET was a blast, it happened unplanned, the result was dazzling.

### 2. Few Times Later Less Effective

When I studied what happened, got the steps, application became easy, the results were outstanding.

Many times later I did not feel calm like the first few times.

Again I investigated, turned out it was half the solution. Only the diagnosis. There was no treatment. Knowing the reason of our pain is a big step, but treating the causes is essential for a long term fix. Without it, is just like spotting a hidden wound, and leaving it untreated.

When you apply RESET, the instant result is feeling calm there and then.

But it doesn't stop there. Feeling calm was a side effect of listening attentively to your subconscious mind. The crucial step after RESET is to go through the gibberish conversations, clean it up, and get a clear list of your pain triggers.

Next, find ways to fix them one by one.

Chapter eight is the first chapter of the next book in this series. It's what you need to treat the trigger.

### 3. Didn't work at All

What if you did everything right with RESET and it didn't work?

First of all allow me to say, I'm proud of you for investing your time and effort, you tried something, that is a big thing to start with, Yet please don't give up, it's not your fault it didn't work.

What I'm offering is just a method that worked for me. There are many other methods out there. As human beings we do share a lot of similarities, yet we are so different in many ways, which makes it impossible for one thing to work for everyone.

Think of it this way. Two siblings may process the same things yet react differently. They may eat the same exact food; one would enjoy it, while the other may dislike it. One may wear wool and feel warm the other may have rash from the same fabric. One may enjoy listening to instrumental music and relax, while the other may feel happier and joyfully dance to pop music.

That is why it's more than ok if you didn't benefit from this method. What works for you is still out there, keep exploring, you will find it, and when you do find it, it will feel better than winning a million dollars, I promise.

# Reader's Note

*"Chapter 7: Results"*

















# IS THIS BOOK FOR ME?

- I USED TO HAVE CONTROL OVER MY EMOTIONS, BUT NOW I FIND IT VERY DIFFICULT AND I DON'T KNOW WHY.
- I'M COMMITTED TO DO WHAT IT TAKES IN ORDER TO EFFECTIVELY MANAGE MY ANGER AND RECLAIM MY PEACE OF MIND.
- I APPRECIATE THE CONCEPT OF DIY (DO IT YOURSELF).
- I PREFER FINDING SOLUTIONS ON MY OWN RATHER THAN RELYING ON SPECIALIZED PROFESSIONALS.
- I FIND FULFILLMENT IN DEDICATING TIME TO ADDRESS, TAKE CHARGE, AND MANAGE MY PERSONAL CHALLENGES.
- I HAVE A THIRST FOR KNOWLEDGE AND BELIEVE THAT ACQUIRING NEW INFORMATION OPENS DOORS AND LEADS TO POSITIVE CHANGE.
- I BELIEVE IN THE POWER OF SIMPLE REMEDIES AND THEIR POTENTIAL TO MAKE A SIGNIFICANT DIFFERENCE.
- I ENJOY EXPLORING AND EXPERIMENTING WITH NEW AND USEFUL SOLUTIONS.
- I AM CAPTIVATED BY INTELLIGENT AND LOGICAL THEORIES AND APPROACHES.
- I RESIST TAKING MEDICATION AND MAKE A CONSCIOUS EFFORT TO AVOID IT.