





If you find yourself filled with anger, you're in luck, because you're actually sitting on an untapped energy source.

Think of Emotion as energy in motion.

You can choose to either waste your anger by passing it on to someone else ruining their day, too, until it comes back around on you.

OR you can do something good like using your negative emotion as fuel to accomplish a Goal.

Here are the steps to achieve this Anger Goal:

**Step 1.** Pick an Anger Goal that doesn't make you angrier than when you started.

Step 2. Draw the path to your Goal.

Step 3. Learn the "Why? What?" Technique

If you can't do something, ask yourself "Why?" to find the reason. Once you have your reason, ask yourself "What?" you need to do to fix it.

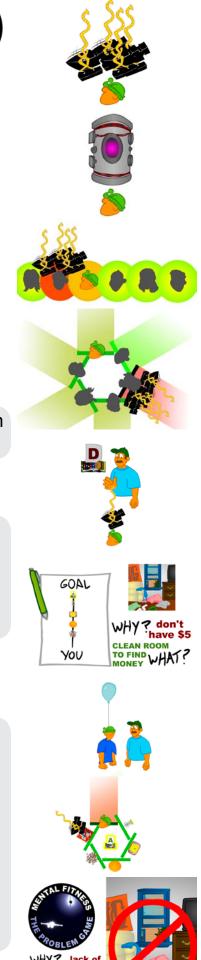
**Step 4.** Use "Why? What?" to map out your Anger Goal of Better Grades.

**Step 5.** Now that you've mapped out your Anger Goal, use your negative emotions for energy to complete it.

You should feel better now that you've solved the source of your anger. But what happens if you successfully plot your course, but can't take the first step?

What you need is a better motivator than not getting yelled at. It might be time to play *"The Problem Game"* which we'll cover in the next video.

This video is for entertainment purposes only. Consult a medical professional for health issues.



BETTER WHAT