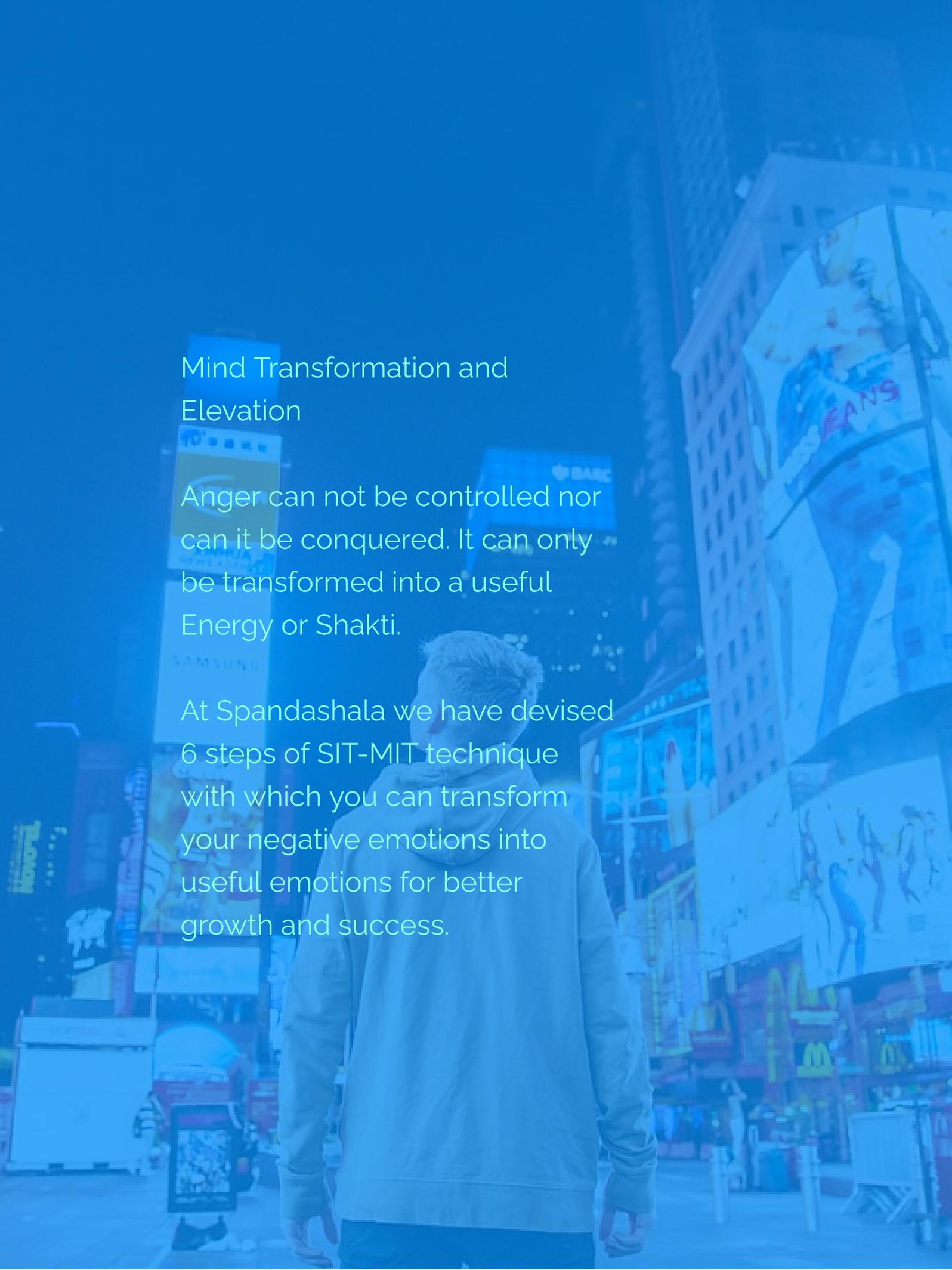


# 6 Step Process For Anger Transformation



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A person with short blonde hair, wearing a light-colored hoodie, is walking away from the camera down a city street at night. The scene is heavily overlaid with a blue color filter. In the background, there are tall buildings, illuminated signs for 'SAMSUNG' and 'BARC', and a large billboard featuring a woman in a white dress. The overall atmosphere is urban and contemplative.

## Mind Transformation and Elevation

Anger can not be controlled nor can it be conquered. It can only be transformed into a useful Energy or Shakti.

At Spandashala we have devised 6 steps of SIT-MIT technique with which you can transform your negative emotions into useful emotions for better growth and success.

## Step 1

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# Observe Your Breath

Chose a plain and isolated place. Spread a blanket or a cotton cloth and sit on it. Close your eyes and try to focus on your breath. Bring a Smile to your face. Do this for 5 minutes.





Step 2

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## Observe your Thoughts

Now take your attention towards your thoughts. Do not panic if you come across a fearful or unwanted thought.

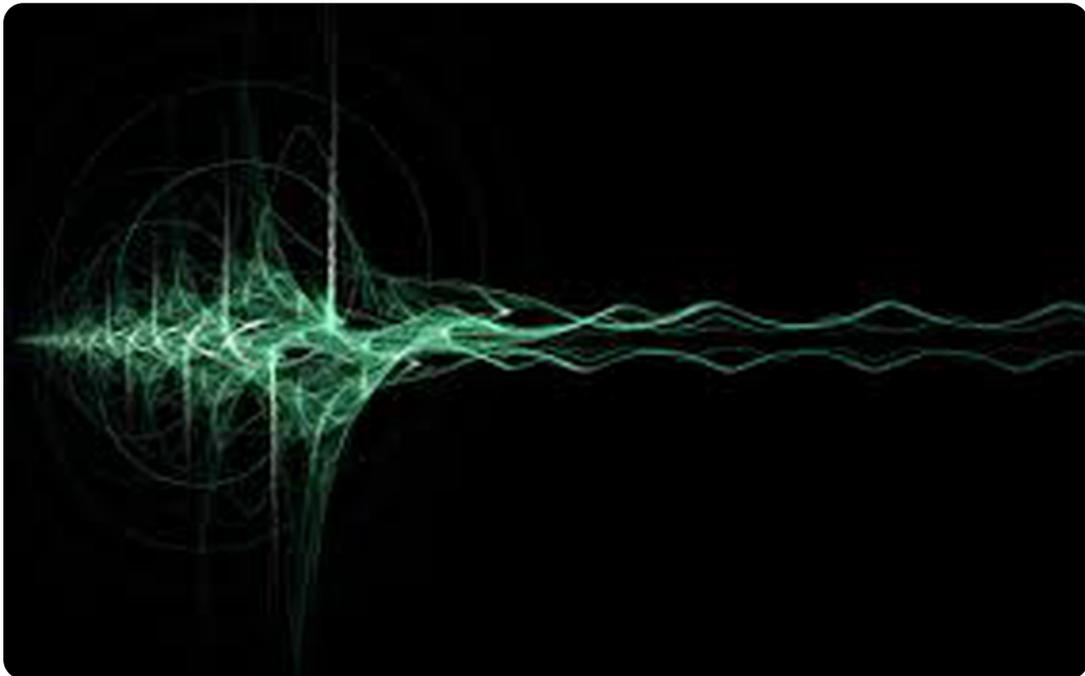


## Step 3

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### Identify Your Thoughts

Identify your Good and Bad thoughts. Enjoy both the thoughts coming across your mind.



## Step 4

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# Group Your Thoughts

Start grouping your thoughts under various categories. The major categories are useful and waste thoughts. The subcategories are related to education, money, relationships, bad habits, health, etc.





Step 5

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## Evacuate the Negative Thoughts

After Identifying the negative or unwanted thoughts. Start evacuating them from your mind. You will get plenty of free memory after evacuation.





## Step 6

# Map your Thoughts

Take a notebook and draw two columns. Under one column write positive or useful thoughts. Under the Second Column write down all those thoughts that make you angry. Mention the events, circumstances, and people who make you angry often or occasionally. Revise the written notes many times. Your anger will transform.



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