



# ***PYT Weekly Training & Support***

## Lesson #51 How to Use Anger & Frustration

by Jim Katsoulis

Welcome to this week's lesson, and what I want to talk to you about this week is how to use your emotions, specifically, fiery emotions like anger and frustration, and how to use them so that they help you out.

I can tell you personally from my own experience when I was really, really into yoga that I spent a lot of time trying to weed out those emotions from my life, the emotions of frustration and anger. And I spent a lot of time and energy doing this, and I never found it to stick. It worked for a little while, but I would find that frustration and anger would come back regularly. So, the next thing was to try and use those emotions to help me in my life, and I found this to be much more useful.

And so, if you struggle with that sometimes, if you get yourself upset or frustrated and it kind of derails, this would be a very important lesson for you because, oftentimes, what happens when someone starts to feel angry or frustrated ... and it could be about something specific like you didn't lose the weight you thought you were going to lose; or you didn't follow a plan that way you wanted to follow it; or it could just be something vague, in general, like all of a sudden you just got upset and frustrated and mad about things, and you just feel angry.

Either way, we want to use that emotion to help us, and the way you do that is not by ignoring or denying the feeling. It can be by using and experiencing that feeling fully but associating it to and detaching it from other things.

So, instead of feeling that energy and turning it in on ourselves and harming ourselves with it by beating ourselves up, what we want to do is we can feel that and then, we want to direct it out in a way that's going to help us.

So, let me give you some specifics here. I could tell you very honestly that I get angry at stuff oftentimes in this culture because I feel like it's unfair. One thing, specifically ... I was thinking about this as I was getting ready for this lesson. I was thinking about some commercials I saw yesterday. I was at my mom's watching TV. It was a kids' station, and maybe 50 percent of the ads had to be food related; and all of these food were high sugar, chemical-laden, very, very unhealthy foods, if you want to even call them that.

So, I started to feel a sense of anger towards those foods, towards that company, towards the advertising, towards the station, and the whole thing. Now, what happens though is that it's a very negative feeling and a strong (you call it programming; you call it conditioning) association I'm linking to those types of foods: to sugar; to

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chemicals; to preservatives; to slick marketing and packaging, and to corporate lies. It's strong.

But what that does is instead of turning it on me, I'm using it to avoid the things that are going to harm me. So, say, you step on the scale and it's not where you want it to be. Well, it's not that that's just a mystery. We want to look at what happened during the week. What did you do that kept the weight on, maintained the weight or added the weight? And you want to do this part in as rational a way as possible.

Honestly look at your week. What are your behaviors? So, maybe, you ate ice cream at night three times. So, if that's the case, you can feel that anger and frustration from not losing the weight and you can attach it to the behavior that caused that result.

So, we've talked about this before and the idea that, oftentimes, when people get the bad news, they step on a scale, and they look in the mirror, and they see themselves in some new outfit that doesn't right; oftentimes, they're the only ones there and they take all those negative emotions and put them on themselves. They blame themselves.

We've got to get out of that. So, when you feel angry or frustrated, attach it to the things that are actually causing the results. And it's not just you. Don't get me wrong. You're the one who's making the decisions. Understand that. But we want to attach all that anger and frustration to the foods or the behavior that are causing the problem.

I hope I'm making myself clear. There's a very, very important distinction. I'm making it specific about anger and frustration, those fiery emotions, because they're so powerful.

I can tell you honestly, and I believe this ... because I was really thinking. What made the changes in me? Why is it that I have completely changed the way that I eat and the foods that I even consider eating? And it wasn't about a lot of the positive emotions. It wasn't about like I want to have this body, and I want to feel this way, and I want to live really long. These are all important.

But I really believe that a lot of the gut feelings I have of negativity and anger and frustration towards these processed packages posing as food, I really believe it's those strong emotional connections I have to those foods pushing them away that have helped me more than anything because the positive emotions come and go.

I mean, a lot of times, I'm feeling good about myself and I'm eating because I want to eat salads, I want to look good and feel good and all the rest of it; but the part that I hate, the packaging and the trickery that really harms people, that never goes away. It never goes away. It's always there and it's constant. And it keeps me from eating a

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lot of that crappy food almost all the time. And there are some times when I eat it, but it's very rare. And I believe it is because I've attached a lot of this negative energy to those foods and to those behaviors.

So, let me give you a specific. I used to eat ice cream at night. As a grown up, I would eat right until bed and it would be junk food. So, when I wasn't getting the results I wanted and I started to get upset with myself and I'd get mad at myself, it became a big difference when I switched and got mad at the behavior. I noticed that unit of behavior as being the thing I was angry at.

So, if I did it again during that week, all of a sudden, I was thinking about, "It's not me that's the problem; it's this behavior of sitting in front of the TV, eating ice cream mindlessly that is the problem. It is this ice cream which has gotten me addicted and which plays games in my mind that I'm always thinking about. That is the problem and I hated having this relationship with it. It's in control of me."

Do you hear what I'm doing? And this is what I did and this is what is automatic now to a certain degree. Now, I don't even feel like this is a negative thing because you already do this with certain things in your life. Hard-core drugs, you'd probably do this with; crime in the way of murder.

There are a lot of things in society that we hate, abhor, and do not tolerate. But there's this weird line when it comes to food where we've been so tricked that we've stopped doing this. And what's truly happening is that we are being tricked to eat foods that are killing us and that are making us miserable.

So, what I'm saying is to take that fiery energy and stop putting it on yourself. We become paranoid, right? These companies and these foods are conspiring against you. They're taking your money and they're doing everything they can to get you hooked on them in order to get your money and your business. And they don't care about your health. They don't care about your well-being physically, emotionally, or mentally.

So, I want you to think that way. Try it out for a week. Read about it and research. I think that will happen naturally if you research common food practices, industrial farming, food chemicals and additives – the preservatives – and if you study sugar content and what it does to the body.

If you study these things in an objective way, I believe you will naturally come to this same place where you get very angry at these foods because they're not foods and they're not foods that are supporting you. Those are the things that are causing the problems.

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So, the last thing I'll leave you with is the exercising. So, you didn't exercise and you wanted to. What you want to do is gather that energy because fiery energy, there's a lot of energy to it. We just need to focus it in a specific way.

The way you focus it specifically is you can take out that anger in your workout. Use that workout to burn off the energy. You can almost think of it as a flame burning gas or something, and you're providing the gas through that fiery energy that you have.

So, I'm going to leave you with this. If you get in a fiery mood and you're upset about anything ... this could be anything in your life. Someone cuts you off ... it doesn't matter what it is. If someone gets you all fired up and upset, you want to kind of bottle that and use it as much as you can either physically (go exercise, use that energy to do something and burn it off) or associate it mentally, associate that negativity, the negative part of it, and the anger part of it to a specific behavior, product, or food.

I think you're going to start to see that this is a whole another way that you can influence yourself. It's not just about having to be perfect and having to be good and wanting to do well. You can use a lot of these more negative and fiery energies to get results as well.

So, the last thing I want to leave you is, don't worry about blocking things off and running away from feelings. Feel them. Feel the feelings; and then, direct them in a way that's going to support you best.

So, do this, and I'll talk to you next week.

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