

PUTTING RAGE IN A CAGE FOR KIDS, I THINK

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I am writing this column with anger stuff that you can use with your kid clients because adults are sensible, logical, reasonable, and never get angry. Maybe I'll change my mind when I come back from Tibet! The time to work on 'Anger' is when a child is young before everything begins to take shape. You have heard me repeat many times what Sigmund Freud said about children: A child between the ages of 3 to 5 is a magnificent human being for he or she can speak a foreign language, as any language is foreign to him or her, can do math, "Mommy I want two dollies", "Daddy I want to wagons" and therefore deeply absorbs imprints, good and bad, and at that point, the child's path in life is usually set. We want to work with those imprints before they take root and grow into massive trees of anger, and other detrimental issues. We have seen or heard about some monsters of anger in our practices and when the lack of control elevates to a higher degree, bad things can happen. Maybe we should even work with grown-ups by using a 'kid-approach' because the angry adult is really acting and reacting as a result of being a wounded-child. I have always commended John Bradshaw for his 'inner child work' and in my belief, regardless of the age, 40, 50, 60, 70 years or more, that inner child may still look at the hurt from its youth with the mind that he or she had at the age when the hurt was imposed. This 'child-mind view' triggers anger and many other negative thoughts. The child and the adult cannot process the happenings in life properly because something in their past has fouled them up to the point where they must react in an angry fashion for in effect, they are angry with life's barbs and not really angry with the present activity which triggers their anger, for the real trigger lies in their subconscious minds from their youth. We are one giant memory which is comprised of an infinite number of triggers. Did you ever run into a person just itching for a fight....just looking for an argument? Did you ever see a sullen kid flare up at the first opportunity to have a semblance of justification for the anger outburst? Each angry person must give themselves a reason to be angry so that they may pay homage to their state of denial. It is always the other kid's fault; other guy's fault; the parent's fault; life's fault; the world's fault, never the angry person. It reaches a point in life where a person is angry for anger's sake, and this is tantamount to the 'rock-bottom' of anger. The time to work on anger is in youth, however, we naturally work with adults too. .Although this was written primarily for children, it also works for grown-ups because of my earlier stated beliefs. I've used it with adults and it has never been questioned. My tone is not as gentle as with children but the content is quite similar. Induce the hypnotic state, deepen, bring the child to his or her safe and secret place, and then:

"Rage is another name for anger. 'Putting rage in a cage' is self-control. You want to control your tiger of anger and not have these feelings of anger force you to say things and do things that you really do not want to say or do. You want to feel good about yourself. You want to feel and be calm so that you can enjoy so many fun things in life. It's your self-control that gives you a great attitude and great feeling when you are with other kids and grown-ups, at play, at school, at home and to really enjoy life. This is yours for the asking. So, just ask for it. As you read these Feel-Good Sayings

and repeat them out loud or to yourself, something happens inside of you that automatically sends these messages to every part of your body and mind for you to be calm, and for happiness, health, and fun. It would be so good if you read them over and over because what is inside of you just loves to hear them repeated by you or by someone that reads them to you. Your inner mind always believes what you tell it. This is 'Inner Power'

THE RAGE IN A CAGE MOVIE

Right now think of a time when you felt really calm and good all over. Make it a time when you felt happy when you were playing, or running, or reading, or watching TV or doing a fun thing you like to do. Then right away imagine a large cage with iron bars, and then tell the tiger to go into the cage so that you can be calm and happy. The tiger obeys you. Then imagine that you are putting a strong lock on the latch of the cage. There is only one key and you are the only person that has the key and the only one that can let the tiger out of the cage. You are in complete control of the tiger. Now, make all of that into a movie, and with your eyes closed, just keep running that movie over and over in your mind. Imagine and feel the tiger becoming so calm and gentle in the cage, and also the time when you were so calm. Run the movie over and over each day and soon whenever someone says something or something happens that used to make you angry, just think of the calm tiger in the cage and the strong lock, and right away you become so calm and in control of your tiger. Being in control of yourself makes you feel really happy. Take a minute to run this movie.

THE LEASH ON ANGER MOVIE

Again think of that time when you felt really calm and good all over. Then right away think of how calm your tiger in the cage has become. Just imagine that your tiger has become so calm, gentle and peaceful in the cage that you can now put a leash on your tiger and take the tiger out for walks. You have tamed your tiger. You love your tiger and the tiger has become almost like a little, gentle tiger-cub that is growing up with you. Your self-control grows with you. Now make all of that into a movie, and with your eyes closed, just keep on running that movie over and over in your mind which shows when you were walking your gentle tiger-cub with a leash and that time when you felt really calm and happy. Run the movie over and over in your mind each day and pretty soon whenever someone says something or something happens that used to make you angry, with your eyes open, just think of you walking the gentle tiger-cub with the leash and right away you become calm and stay calm and in control of your tiger. Being in control of yourself makes you feel really happy. Take a minute to run this movie

THE PUPPET MOVIE

Everyone knows that a puppeteer pulls the strings of a puppet to make it wave its arms and move its legs. This is called 'pulling the strings of the puppet'. Imagine that you can see the strings that the tiger has on you. If you let the tiger of anger pull your strings then you lose control of what you say and do and how you feel inside. Now think of that time again when you felt calm and happy. Then right away think of cutting the strings from the tiger's paws so that the tiger cannot pull them anymore. Now you have your hands on your strings and you can pull your own strings. You are in complete control of what you say and do. It feels so good to pull your own strings and control anger. Now, make all of that into a movie, and with your eyes closed, just keep on running the movie of you cutting the strings from the tiger's paws and that you are free

to have fun and say and do the right things that make you feel good inside. Run the movie over and over each day and pretty soon whenever someone says something or something happens that used to make you angry, with your eyes open, just think of your own hands pulling your own strings, and right away you become calm and free.” And yes, take another minute to run this movie over and over in your mind.

FEEL – GOOD SAYINGS

Only I can control my anger
Lack of control makes me weak
Control makes me strong
I control my anger
I am strong
I refuse to lose control
Control is power
I take back my power
I have the power
Anger is a bad choice
Being calm is a good choice
I choose calm
I feel great when I am calm
Anger hurts me
I refuse to hurt myself
Anger hurts other people
I refuse to hurt other people
I recognize stuff that makes me angry
I make a mental list of angry stuff
I avoid and conquer angry stuff
I know the feelings when I am angry
Angry feelings are my enemies
I make a mental list of angry feelings
I avoid and conquer angry feelings
Sometimes I am wrong
Sometimes I am right
Everyone is not always right
I admit when I am wrong
Other people have feelings too
I respect other people’s feelings
I respect authority
I respect older people
I listen to what people say
I refuse to yell and scream
Anger makes me frown
I’d rather smile
It feels good to smile
People like me better calm
I like myself better calm

Anger is a tiger that rages
I put 'Rage in a Cage'
I refuse to be anger's puppet
I refuse to have anger pull my strings
I pull my own strings
I am the winner over anger
I am my own person
I have tamed the tiger
I put a leash on the tiger
The tiger has turned into a little, cute cub
My cub is calm and so am I
As I grow my cub grows into a loving tiger
My loving tiger and I grow up great

CAVEAT: In strict compliance with the Ethics & Standards of our profession, always advise your clients who demonstrate symptoms of medical issues or psychological disorders to avail themselves of the best allopathic medical and psychological professional services that they can obtain. Request a written referral when warranted. Hypnotism is complementary to these traditional disciplines. You may contact Tony De Marco at Tony@thinnerbandhypnosis.com; www.thinnerbandhypnosis.com