One of the greatest problems modern people face today is the problem of stress. This stress can be experienced in your work life, money situation, intimate relationship, school, or raising your child. It also influences how you affect the people around you. Four of the major sources of stress are anxiety, irritation, frustration and anger, so how you deal with these experiences will determine your level of happiness and contentment in your life.

当今现代人面临的最大问题之一就是压力问题。这种压力有可能在工作, 金钱状况, 亲密关系, 学校, 或教养孩子上體驗到。压力也会影响你如何影响你周围的人。四個主要的压力来源是焦虑, 刺激, 挫折和愤怒, 所以你如何处理这些经验将决定你生活的幸福和满意度。

Today we will talk about the most common kind of emotion that we see in everyday life - anger. First, we will look at anger from a physiological level to help us understand what a powerful impact this emotion has on our bodies, and then offer some strategies for dealing with it in ways that will improve your health and sense of well-being.

今天我们将讨论日常生活中最常见的一种情绪--愤怒。 首先, 我们将从生理层面来看待愤怒, 以帮助我们了解这种情绪对我们身体有什么强大的影响, 然后提供一些策略来增进你的健康和幸福感。

Please take a moment and consider the areas in your life where you tend to get angry, and notice if there is a particular area where your anger appears most frequently. Choose a number from 0 to 10, to indicate the level of frequency that your anger appears. For instance, if you never get angry at work, you would put down ‘0’, whereas if you tend to get angry once every week or two, you would put down a 3 or 4. If you find yourself getting angry regularly, you would mark a 6 on the line, and every day anger would earn anywhere from 7 - 10, depending on the intensity and duration of the emotion.

请花一点时间, 考虑一下你在生活中易倾向于生气的领域, 并注意到愤怒最频繁出现的特定区域。 从0到 10选择一个数字来表示你的愤怒出现的频率水平。 例如, 如果你在工作上从来不生气, 你就写下 "0", 但如果你倾向于每周生气一或两次, 你就写下3或4。 如果你发现自己经常生气, 你就标注 6, 天天都生气就标注 7-10, 数据大小取决于情绪的强度和持续时间。

At work \_\_\_\_\_ At school \_\_\_\_\_ In your intimate relationship \_\_\_\_\_

With your children \_\_\_\_\_ With your Parents or siblings \_\_\_\_\_

With your friends \_\_\_\_\_ With society in general \_\_\_\_ Other \_\_\_\_\_

工作時\_\_\_\_\_\_\_在学校里­­­\_\_\_\_\_ 在亲密关系中\_\_\_\_\_\_\_

和孩子在一起時\_\_\_\_\_\_ 和父母或兄弟姐妹在一起時\_\_\_\_\_

和你的朋友在一起\_\_\_\_\_\_\_ 其它\_\_\_\_\_\_\_\_

When anger appears, it makes a powerful physical impact: body temperature rises, the liver enlarges, blood flow accelerates, the gastrointestinal system is disturbed and the immune system comes under pressure. This is a highly complex and energy-intensive physiological process, and can cause serious harm over a period of time to your physical and emotional body, as well as your mind.

当愤怒出现时, 会产生强大的生理影响，如体温升高, 肝脏增大, 血流加速, 胃肠系统紊乱, 免疫系统受到压力。这是一个高度复杂和能量密集的生理过程, 在一段时间之後，会对你的身体和情绪体, 以及你的心智造成严重的伤害。

We are not aware of this impact because usually when we have an outburst, we focus all our attention on the person or situation that seems to be the cause of the anger, and fail to recognize the physiological damage that it’s is doing to us, and the great stress it’s putting on our bodies. So instead of immediately trying to calm ourselves, we often feed our anger by struggling against the person or situation. Long after the incident is over, we might still be thinking about it and reliving what happened, thus maintaining the stress in our bodies.

我们不知道这些影响的冲击, 因为通常当我们情绪爆发时, 我们把所有的注意力集中在看来是引发我们愤怒的人或情况上, 并没有意识到愤怒在生理上对我们正在做出的损害, 以及它在我们的身体上施加的巨大压力, 因此, 我们非但没有立即努力使自己平静下来, 反而常常通过与个人或情况的争斗来喂养我们的愤怒。 在事件已经过去很久后, 我们可能还在想这件事, 并重温发生了什么, 从而将压力继续保持在我们身体里。

Why is it so easy to get angry and so difficult to calm down, even though calming down would be what’s best for us? Well, not many people know that that anger is a defensive reaction that occurs whenever we feel threatened physically or emotionally. The brain does not distinguish between physical or emotional threats, so someone criticizing or insulting you is the same as someone raising their hand to hit you, as far as the brain is concerned. And when you relive the experience or keep thinking about it, the brain registers that you are still feeling threatened, and keeps your body in a defensive mode.

为什么生气这么容易,而冷静下来却很难, 即使知道平静下来对我们会是最好?因为只有少数的人知道, 愤怒是一种防御性的反应, 每当我们感到身体或情绪受到威胁时就会发生。 大脑无法区分是身体或情感上的威胁, 所以每当有人批评或侮辱你时, 就大脑而言这就像是有人举手打你一样。 当你重温这段经历或继续思考它时, 大脑会记录你仍然感受到威胁, 并让你的身体持续处于防御的状态。

A most important lesson to learn is that 1) no matter how justified you believe your anger is, it is *you* that suffers physically, mentally and emotionally, and 2) the use of anger is the least effective way to deal with almost all of the problems in your life. When you calm down, you relieve your body of unhealthy stress, your mind becomes clearer, and you can respond to the situation or person with wisdom and clarity.

最重要的一课就是去学习到1) 无论你认为你的愤怒是多么的合理, 在身体、精神和情感上受苦的人是你自己, 而且 2) 使用愤怒来处理生活中的所有问题是最没有效率的方法。 当你冷静下来的时候, 你会减轻你身体的不健康压力, 你的头脑变得更清晰, 你可以用智能和清晰的观点来回应你的处境或相关的人。

The way you express your anger is a learned behaviour that you began to develop when you were a child. You may have noticed that when you observe someone else becoming angry, that their behaviour can seem very childish. A boss who is yelling, red with rage, might remind you of a child throwing a tantrum. Another angry person who turns silent and fumes inwardly might remind you of a pouting six-year-old. Of course it is much more difficult to see yourself in the same way, but what makes us angry and how we express it has not changed very much since we were children. The problem is that our anger has become so habitual that it operates on automatic, without any conscious thought from us.

你表达愤怒的方式,是来自当你还是个孩子的时候就开始养成的一种学习行为。 你可能已经注意到, 当你观察别人变得愤怒的时候, 他们的行为会显得很幼稚。 一个老板大喊大叫, 因发怒而胀红了脸,这可能会让你连想到好像一个孩子在耍脾气。 另一个在愤怒的人, 外面虽不发一语但里面却气到在冒烟, 这可能会让你联想起撅着嘴的六岁小孩。 当然, 以同样的方式来反看自己要难得多, 但引起我们生气的事,以及我们怎么来表达愤怒的方式, 从我们还是孩子的时候到现在, 并没有太多的改变。 问题是, 我们的愤怒已经变得如此习惯性, 以至于在完全无意识的情况下自动运作, 而没有任何有自觉意识的想法。

Today, we recognize that emotions such as anger are physical skills, and we understand that the fundamental way to improve our moods is to take care of ourselves and not to try to change others. How we take care of ourselves is not only on the cognitive level, but by direct intervention on the physical level, adjusting the way we connect neurones in the body, redirecting the way that the body's energy is transferred. This is also the core idea and the unique approach to Ayoka's 26-week training camp, and why we have to spend 26 weeks making these important changes to the behaviours we have been carrying since childhood.

今天, 我们认识到情绪, 比如愤怒，它是一種生理的技能, 我们明白到改善我们的情绪的根本途径是照顾自己, 而不是试图去改变别人。我们如何照顾自己, 不仅是在认知层面上, 而是通过直接介入身体的层面, 调整我们连接神经元的方式, 重新將身体能量定位转移的方式。这也是 Ayoka 的26周训练营的核心理念和独特的方法, 以及为什么我们必须花费26周的时间，来对我们从小以来的行为进行这些重要的改变。

Once again we welcome you to join Ayoka's body and mind integration training camp, which may be one of your most important life choices. We will talk about how to face our emotions, and slowly to adapt and make changes. We will be working on multiple perspectives on the cognitive, physical and the psychological level so one can recognize and change oneself.

我们再次欢迎您加入 Ayoka 的身心整合训练营, 这可能是您最重要的人生选择之一。我们将谈论如何面对我们的情绪, 并慢慢地适应和作出改变。我们将在认知、身体和心理层面上进行多重视角的研究, 这样才能认识和改变自己。

**Anger Assignment**

Typically, before a person gets angry, there is a signal or series of signals in the body that we call “irritation”. For the next week or two, we ask that you keep a journal of any irritations that you become aware of in your day-to-day life. Make note of what seemed to cause the irritation and whether it was a minor annoyance or extreme, to the point where you became really angry. You might use a scale of 1 to 10 to measure the degree of the irritation, and your journal might look something like this:

愤怒的指定作业

通常, 在一个人发怒之前, 身体里有一个信号或一系列信号, 我们称之为 "刺激"。 在接下来的一两个星期里, 我们要求你记录下你在日常生活中觉察到的任何烦心烦的事。 注意似乎是什么引起的刺激, 无论是或大或小的烦恼, 或大到让你变得非常生气的地步。 你可以使用1到10的比例来测量刺激的程度, 你的日志可能类似于以下内容:

Son didn’t do his homework: 7

Made a mistake at work: 5

Traffic jam: 3

Partner bugging me about working too much: 9

Slow service at restaurant: 2

儿子没有做他的家庭作业: 7

在工作中犯了一个错误: 5

交通堵塞: 3

合作伙伴窃听太多有关于我的工作: 9

餐馆服务慢: 2

If you recorded an irritation once and then re-experience it the next day, please make note of it again. This will help you become aware if there is a pattern of irritation or anger that you are perpetuating unconsciously. The more awareness you bring to an unhealthy pattern of behaviour, the less it can control you, and will eventually disappear from your life.

如果你记录了一次刺激,第二天又再体验到, 请再次记下它。这将帮助你意识到, 你在不知不觉中處於一种刺激或愤怒的模式。你对不健康的行为模式的认识越多, 它就越不能控制你, 它最终会从你的生活中消失。