

ANGER MANAGEMENT

At Cognitive Harness we provide therapy for those who suffer from chronic anger where those affected have very low tolerance thresholds and thus find themselves with temper control problems that are having a huge impact on quality of life by affecting mental wellbeing, relationships especially those with family, colleagues and friends and the ability to achieve desired aims and goals due to affected mental health as well as impaired cognitive faculties such as concentration and memory.

Chronic Anger does not just take its toll on mental health but also can seriously compromise physical health. Chronic Anger can result in hypertension, heart attacks, strokes as well as erratic behaviours that can result in injury and at their worse even death.

Chronic Anger can also cause erratic behaviours that can cause one to get into irreversible trouble with the law, break up of marriages and friendships as well as loss of job and damaged future employment prospects etc. It is for these reasons that chronic anger should be treated and remedied due to its potential to prove with time to have been a timebomb in ones life.

At Cognitive Harness you will be taught how to at first control your rage which will with time become a natural response to rage thus denying rage the opportunity to have these damaging effects on yourself as well as the knock on effects on others that can be as equally or in the worst cases even more damaging than the consequences the rage has on the person affected by the rage.

The therapy received will be non-conventional i.e. non-pharmaceutical/medical and will instead be in the form of mind techniques to control and with time rid oneself of damaging emotions thus eliminating issues with anger management.