

BASIC CONCEPTS

For more than 70 years, thousands of people all over the world have been using the self-help method developed by neuropsychiatrist Abraham Low, M.D., to live more peaceful lives. The Low Self-Help Method is based on these important concepts.

Temper Has Two Faces

<p>Angry Temper: The <i>judgment</i> that the other person is wrong or has wronged me.</p> <p>For example: <i>irritation, resentment, impatience, hatred, disgust, rebellion</i></p>	<p>Fearful Temper: The <i>judgment</i> that I am wrong.</p> <p>For example: <i>worry, feeling of inadequacy, hopelessness, fear of damage to your reputation, sense of shame</i></p>
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Living a more peaceful life starts with learning to recognize signs and symptoms of temper, both angry and fearful.

Environment Has Two Sides

<p>Outer (External) Environment: Everything <i>outside</i> yourself.</p> <p>You <i>can't</i> control any of these: <i>people, events, the past, the future.</i></p>	<p>Inner (Internal) Environment: Everything <i>inside</i> yourself.</p> <p>You <i>can't</i> control these: <i>feelings, sensations</i></p> <p>You <i>can</i> control these: <i>thoughts, impulses</i></p>
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Realize what you **cannot** control. Concentrate on what **you can** control.

Use Your Will

You have the **power to choose**:

- How you are going to **act**.
- What you are going to **think**.

Focus on Everyday Events

Most things that upset us are the routine events in everyday life. Using the Low Self-Help Method helps us deal more positively and peacefully with the frustrations, challenges and upsets of daily living.

Practice Self-Endorsement

Give yourself a mental pat on the back for any effort:

- To spot **and control** your temper.
- To control your thoughts and impulses.