

YOUR BATTLE TODAY

ANGER

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I

WHAT'S HAPPENING TO YOU

You blow up over small things. Then come the shame and the "sorry, I don't know what came over me." Until the next time.

It isn't a character flaw, and it isn't something you have to live with. It's a battle, and battles can be trained for. The Stoics knew this one two thousand years ago and left a method for fighting it.

II

WHAT THE STOICS SAY

Seneca devoted a whole book to anger and called it a brief madness. The man who shouts has already lost, even if he's right, because he has handed command to whoever provoked him.

The Stoic remedy isn't to swallow your anger, but to buy time. Between what happens and what you do there is a space, and that's where it's decided who is in command.

> *"The greatest remedy for anger is delay."*
>
> SENECA · ON ANGER

III

YOUR EXERCISE FOR TODAY

The ten-second pause ALL DAY

Do it today, with paper and pencil. Write right here: what gets written down gets done far more often than what only gets thought.

I Pick a braking phrase: “Not yet.”

II Next time you feel the heat in your face, say it to yourself, unclench your hands and count ten breaths before you speak.

III Tonight, write down one time you managed it and one time you didn’t. No punishment: just the record.

The pause isn’t weakness. It’s the moment you take back command.

IV YOUR SEVEN-DAY PLAN

One practice a day. Check it off when you've done it.

DAY 1	The ten-second pause: today's exercise.	☐
DAY 2	Map your anger: note what time, with whom and why you got angry.	☐
DAY 3	Before answering a message that bothers you, wait an hour.	☐
DAY 4	Every time you get angry, ask yourself: what part of this is up to me?	☐
DAY 5	In three lines, write the version of the person who made you angry, as if you were them.	☐
DAY 6	In your next argument, lower your voice by half.	☐
DAY 7	Review: how many times did the pause win this week?	☐

V YOUR NEXT STEP



THE STOIC'S LIBRARY · NO. 02 · WINE EDITION

Hold Your Fire

A seven-day protocol for governing your anger: the ten-second pause, the four questions of judgment, and a 30-day counter to make the pause a reflex.

masterstoic.netlify.app/library/hold-your-fire

THIS HELPS TOO

The Stoic Arsenal

50 situations in which a man loses his composure, with the Stoic response and the exact words to say.

THE FOUNDATION OF EVERY BATTLE

The Stoic Code

21 days with Marcus Aurelius, Seneca and Epictetus to separate what is up to you from what is not.

Personal development grounded in Stoic philosophy. It is not a substitute for help from a mental health professional.