

MIRAVA BOOKS

The Pause Before the Storm

A practical route from an angry impulse to a clear action

English edition

Free excerpt

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English edition · Revised edition · October 2026

This guide is for people who want to notice anger earlier and act without threats or humiliation. Six chapters cover signals, pauses, words, and responsibility after an outburst. Practise with ordinary examples; do not provoke conflict for training. The situations are illustrative. The text and full translations were prepared with AI assistance; this is educational material, not treatment. If you might harm yourself or someone else, stopping the conflict and getting available urgent help matter more. You need not return to a conversation with someone who threatens you or uses violence.

MIRAVA · Text and translation prepared with AI assistance.

Contents

- 01 What anger is trying to protect
- 02 Early signals from your body
- 03 A pause that works
- 04 The thought that adds fuel
- 05 Firm speech without attack
- 06 A plan after an outburst

01

What anger is trying to protect

Anger may accompany injustice, fear, helplessness, or a crossed boundary. It invites you to examine what matters, rather than proving another person wrong. Responsibility remains between feeling and action: irritation does not permit threats, breaking things, or humiliation. Asking about a need helps define the conversation's subject.

An employee's deadline changes without discussion. He wants to slam the door but notices that losing a say hurts most. He records the specific change and tasks already promised. Now there is a question to discuss - work priorities - rather than a general dispute about who respects whom.

Describe the event as a camera or correspondence could record it. Then name your experience and an important value: participation, predictability, fair distribution. You need not find another feeling beneath anger if none appears. Acknowledging anger itself and choosing a safe action is enough.

The employee says: "The deadline moved to today. I cannot finish both tasks; which comes first?" This is a clear request, not a promise of agreement. If threats accompany discussion, safety matters more than good wording. You may end contact and seek support instead of trying to persuade at any cost.

Exercise: choose a recent moderate irritation and complete four lines - event, feeling, what matters, safe request. Remove judgements of character. Check that the request allows a concrete answer and can be declined without a threat from you.

This is a free excerpt. The complete PDF contains every chapter listed in the contents. Sales have not opened yet.

Further reading

[1] NHS — Get help with anger · www.nhs.uk