

How to Deal with Emotionally Explosive People

Albert J. Bernstein

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How to Deal with Emotionally Explosive People

• TOOLS TO SET LIMITS OF TOLERANCE • ANGER DIFFUSING TECHNIQUES
• OFFER SUPPORT WITHOUT GETTING SUCKED IN
• HOW TO PREDICT VIOLENCE • WHEN AND WHERE TO GET HELP

Albert J. Bernstein, Ph.D.

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Albert J. Bernstein : How to Deal with Emotionally Explosive People before purchasing it in order to gauge whether or not it would be worth my time, and all praised How to Deal with Emotionally Explosive People:

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In his international bestseller, *Dinosaur Brains*, psychologist Albert J. Bernstein told readers how to deal with difficult people at work. Now, in a groundbreaking new book, Bernstein tackles a more serious problem that profoundly affects the lives of millions of people: walking time bombs. How do you help a friend who explodes into panic attacks? What do you say when a depressed family member bursts into tears? How do you protect yourself when a stranger blows up in your face? Too often, our choices make matters worse. But it isn't our fault. All that we feel, and much of what we hear directs us to defend the fearful, comfort the sad, and talk sense to the angry, regardless of the utter futility of these well-meaning actions. Moment to moment, people with mental disorders stand at the crossroads between getting better and getting worse. For disorders to heal, medicine, psychotherapy, the encouragement of friends, and the kindness of strangers must all point explosive people toward a single direction. People with anxiety disorders must turn and face their fear rather than running away. Depressed people cannot wait to feel better to do the things that will make them feel better. Angry people have to recognize that anger is something they do, not a reaction to what is done to them. Reaching these goals sometimes requires stunning feats of mind over matter. In *How to Deal with Emotionally Explosive People*, Dr. Bernstein demonstrates, step by step, how to do them.

From the Back Cover **PROVEN WAYS TO HANDLE EMOTIONAL OUTBURSTS AND OVERREACTIONS**
Sooner or later, most of us will find ourselves in the Blast Zone--face to face with an emotionally explosive person, someone who bursts into rages, erupts into panic, or is swept away by torrents of anger, anxiety, depression, or unreasonable fear. Once involved, you may feel defensive, trapped, and confused, not knowing what you can do to help yourself or the person in distress. Drawing from thirty years as a clinician working with intense emotions, psychologist Albert Bernstein has designed this practical guide to teach you how to stay calm, think clearly amidst the sound and fury, and understand the complex psychology of emotional explosions, from panic attacks to claustrophobia and many others. Here are real-life success stories as well as strategies for dealing effectively with overly emotional people, including how to: Keep your head in the face of tears, panic, anger, or cold shoulders. Assess danger to yourself or other people. Offer support without getting enmeshed in someone else's problems. Set limits without seeming uncaring or aggressive. Understand the physiological and psychological causes of emotional outbursts and the medications and therapies used to treat them. Identify when help may be needed--whether from a family doctor, mental health professional, police, or EMT ...and much more to help you understand and communicate with people who are having a difficult time controlling themselves. About the Author Albert Bernstein is a practicing clinical psychologist, corporate consultant, columnist, speaker and bestselling expert on difficult people. His books, *Dinosaur Brains*, *Neanderthals at Work*, *Sacred Bull*, and *Emotional Vampires*, in English and in translation into over 20 languages, have helped people around the world deal more effectively with difficult and dangerous situations. Dr. Bernstein lives with his wife and children in Portland, Oregon.