

## **The Rule of 7s: Perspective Shifting Technique To Reduce Anger**

If you're struggling with anger and feel like you've tried everything but can't seem to gain control, the Rule of 7s may be the key to unlocking a new way of handling your anger fueled responses. This technique is designed to help you assess the importance of what triggers your anger, allowing you to respond more appropriately and prevent destructive outcomes.

### **Understanding the Rule of 7s**

The Rule of 7s is a cognitive tool that helps shift your perspective by assessing the long-term significance of an event that triggers anger. It involves asking yourself the following questions:

**Will this matter in 7 seconds?**

**Will this matter in 7 minutes?**

**Will this matter in 7 hours?**

**Will this matter in 7 days?**

**Will this matter in 7 weeks?**

**Will this matter in 7 months?**

**Will this matter in 7 years?**

By evaluating the potential impact of an anger-triggering incident over these intervals, you can gain clarity on whether it's something that requires a significant emotional investment or can be let go.

### **How to Use the Rule of 7s**

1. Identify the Trigger: When something upsets you, pinpoint what exactly is causing your anger.
2. Apply the Rule of 7s: Use the time-based questions to determine the true significance of the trigger.
3. Respond Accordingly: Based on your assessment, decide how much energy and attention to give to the situation.
  - Short-term Concerns: If the issue won't matter in a few minutes or hours, choose to let it go or address it calmly without escalation.
  - Long-term Concerns: If the issue will have lasting implications, it warrants a more thoughtful and focused response.

### Examples of Applying the Rule of 7s

- Scenario 1: You're angry because someone left the lights on. Ask yourself, will this matter in 7 hours? Likely not, so a simple reminder is sufficient without anger.
- Scenario 2: You're upset over a significant financial mistake made by a partner.  
This could impact your life for years, so it requires a serious and composed discussion.

### Benefits of the Rule of 7s

- Reduces Overreactions: Helps prevent small issues from escalating into major conflicts.
- Clarifies Priorities: Ensures that your emotional energy is spent on things that truly matter.
- Promotes Emotional Health: Reduces stress and improves your overall emotional well-being by avoiding unnecessary anger.

Watch Dr. Nick Sotelo explain the Rule of 7s in this YouTube Video:

<https://youtu.be/E4JV86ml5po>

### Next Steps

Ready to take your anger resolution journey to the next level? Join a community of individuals dedicated to mastering their thoughts, feelings, and emotions and tap into a wealth of support and insight. Don't navigate this path alone. Share your progress, seek advice, and learn from the experiences of others who are on the same journey.

**Join the Anger Resolution Community**



**Click Here To Join**

If you're seeking personalized guidance, Dr. Nick Sotelo is here to help. Book a strategy call with Dr. Sotelo today and get clarity on the exact steps you need to take to gain complete control over your anger. This is your opportunity to ask questions, seek advice, and develop a clear, personalized plan for resolving and transforming destructive anger.

**BOOK YOUR CALL NOW**



**Book Your Call**