



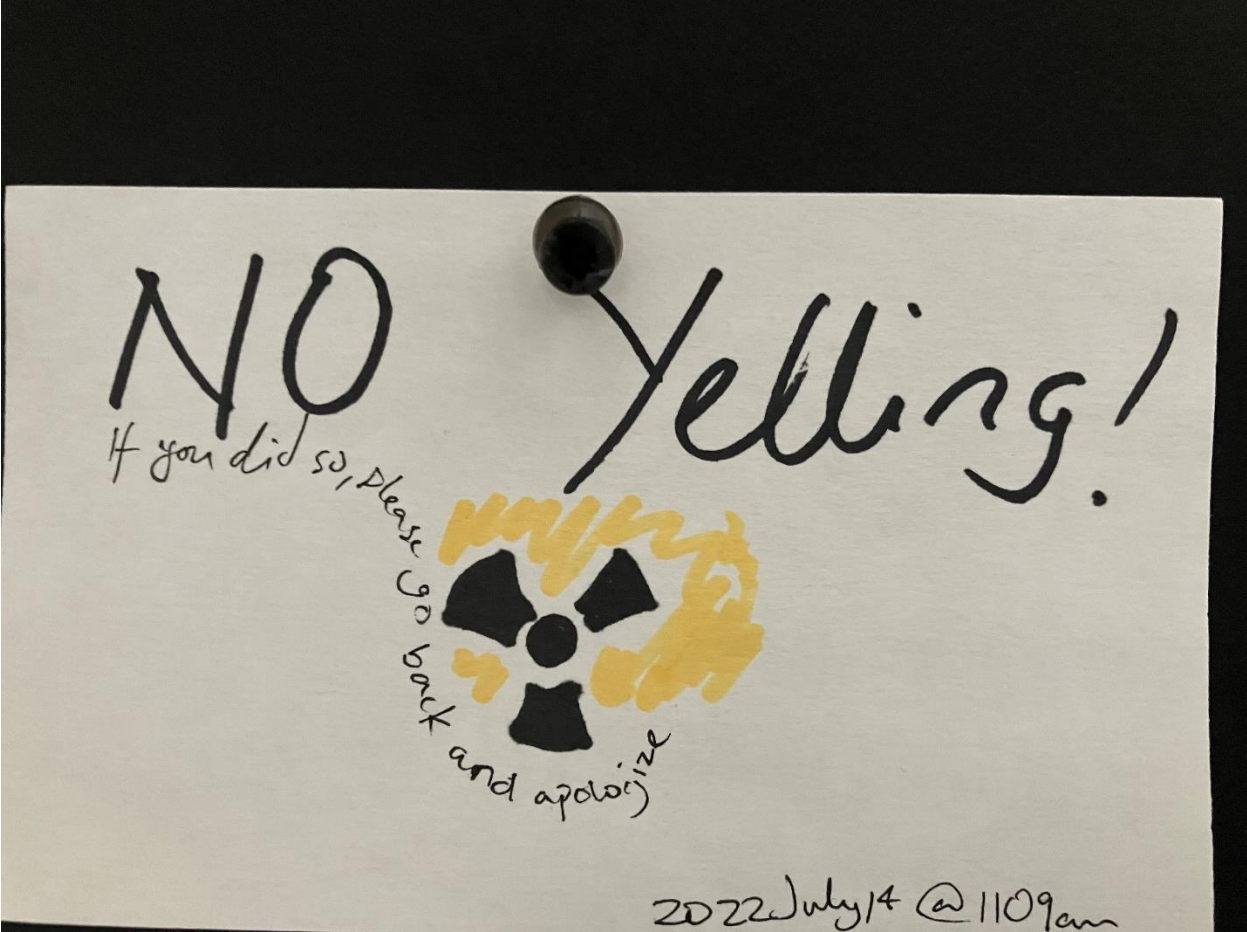


# Say “I’m Angry” Properly...

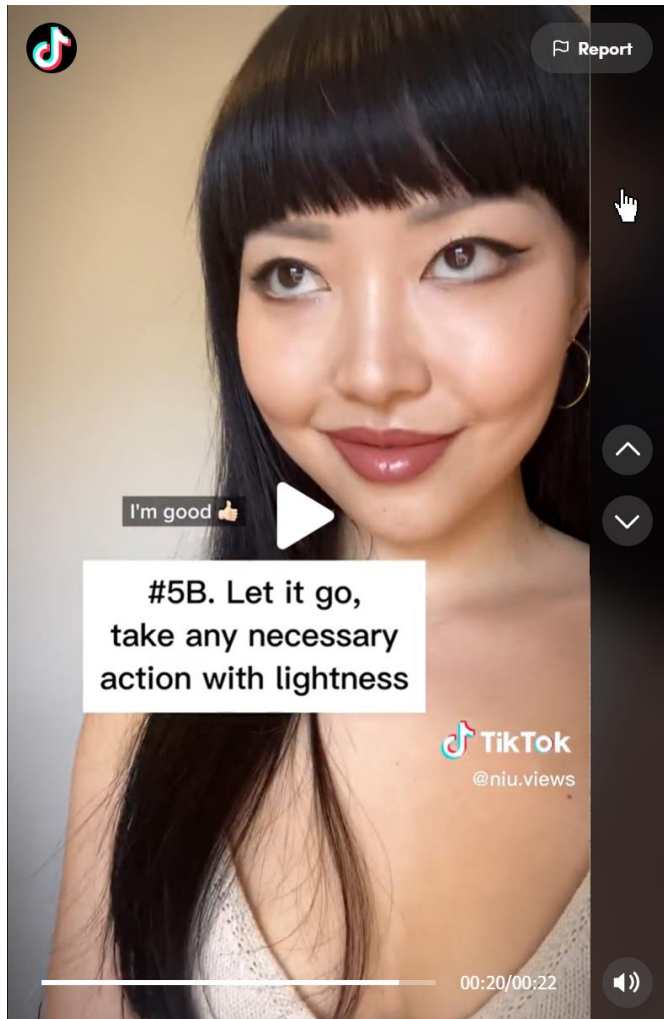
Or no one will care

<https://open.spotify.com/playlist/6j8imj745XcaPkKFBzkKjS>

Money Baby by K CAMP, Kwony Ca\$h



## All Things by Darius James, D'hati Burgess Jr



### How to Untangle any Emotion

1. PAUSE and BREATHE until reactivity dies
2. FEEL the emotion to understand it
3. Remember people are MIRRORS of us
4. Decide what you want
5. Let it go
  - a. do nothing
  - b. take any necessary action with lightness

<https://www.tiktok.com/@niu.views/video/7207945280040307973?lang=en>

## WAITING by Bridge Music, AP, Reggie Dartey

The three poisons are greed, anger and ignorance.

When we are afflicted with greed, once we acquire whatever it is we desire, we are still left wanting more. Anger makes us enraged by the slightest things, and once it is provoked, we take it out on others. Ignorance is a state of foolishness: we are heedless of common sense or knowledge and lacking in education – but actually lacking an understanding of our true Buddha nature.

As long as we allow ourselves to be governed by these three poisons, we will be unable to find peace.

In contrast, the teachings say, if we can cast away these three poisons, or worldly afflictions, we can live happily and freely.

Whenever you notice any of the three poisons begin to show themselves, try to calm your mind by regulating your breathing. This can stop the afflictions from taking hold.

The Art of Simple Living: 100 Daily Practices from a Zen Buddhist Monk for a Lifetime of Calm and Joy  
Kindle Edition by Shunmyo Masuno

[https://www.amazon.com/Art-Simple-Living-Practices-Japanese-ebook/dp/B07FC2BNM3/ref=sr\\_1\\_5?crid=1KI7XHANL851T&keywords=zen+100+book&qid=1679688494&srefix=zen+100+book%2Caps%2C123&sr=8-5](https://www.amazon.com/Art-Simple-Living-Practices-Japanese-ebook/dp/B07FC2BNM3/ref=sr_1_5?crid=1KI7XHANL851T&keywords=zen+100+book&qid=1679688494&srefix=zen+100+book%2Caps%2C123&sr=8-5)

## My way (feat. Monty) by Fetty Wap

Ba-ba-baby

This is something you should know, I don't ever chase no hoes

I spotted you, you had that glow, watch me pull out all this dough



## Hannah Montana by Migos

Pain is one of the six so-called basic emotions, the others being pleasure, anger, fear, surprise, and disgust. Shame is one of the seven so-called social emotions, of which the others are love, guilt, embarrassment, pride, envy, and jealousy. Basic and social emotions are expressed in all human societies, although their expression is affected by cultural conditions. . . Antonio Damasio calls an emotion a “somatic marker,” that is, a bodily response that “forces attention on the negative outcome to which a given action may lead and functions as an automated alarm signal”

“A Cooperative Species” by Bowles and Gintis

## Panda by Designer

There's some kind of perpetual motion machine [in the mind], so if I was angry at somebody and we had a discussion and I leave the room and my emotion starts going down, like I was angry and my anger starts subsiding, it'll get prodded again, I'll have a memory of what they said that I didn't like, or I'll have a picture in my mind of the body language that somebody held as they said a certain thing to me and that makes me angry. or maybe when they said that thing originally I felt embarrassed or flushed and then when I'm remembering what they said to me that flushed feeling comes back and that provokes some negative emotionality and then that negative emotional state predisposes me toward thinking more things about how angry I am, or waking up more negative bodily sensations. So it's like things prodding each other and generating a self-sustaining cluster experience, however you wanna say that.  
@ 49:49

<https://www.youtube.com/watch?v=i7kh8pNRWOo&t=1109s>

Techniques for dealing with lack of motivation, malaise, depression by Jonathan Blow

## Versace (Remix) by Migos, Drake

Appetite is an irrational stretching or swelling of the soul reaching for an expected good; it is also called want, yearning, hatred, quarrelsomeness, anger, wrath, intense sexual craving, or spiritedness.”

<https://www.iep.utm.edu/stoiceth/>

Stoic Ethics

## Tom Ford by JAY-Z

Hey, do you remember a talk or article by Val (Michael Smith of CFAR) where he says anger is often the initial emotion that precedes nuanced feelings of distress?

## Somewhereinamerica by JAY-Z

Thinking errors limit your emotional and behavioural options. They include personalisation, or assuming you're the cause of a negative event, as well as mind reading, or believing without evidence that someone is judging you negatively.

<https://psyche.co/guides/how-to-take-things-less-personally-and-avoid-mind-reading>

How to take things less personally by Joel Minden (blog post)

## We up by 50 Cent, Kendrick Lamar

There is only one way I can see for fallible, ignorant human beings to live in accord with their own natures, and that is to discard forever the principle of controlling each other's behavior, dropping even the desire to control other people, and seeing at every level the fallacy of the logic that leads to such a desire.

[https://docs.google.com/document/d/1MQyaAqmAPMUKXAmIpLVtFuI\\_DfKpwV87RbHe0IDmbFc/edit#](https://docs.google.com/document/d/1MQyaAqmAPMUKXAmIpLVtFuI_DfKpwV87RbHe0IDmbFc/edit#)

Behavior: the Control of Perception by William T. Powers (book)

## No Type by Rae Sremmurd

I don't got no type

Bad bitches is the only thing that I like

## Trophies by Young Money, Drake

She like, "I heard all your niggas stay where you stay"  
House so big I haven't seen them boys in two days  
Bitch, I use a walkie talkie just to get a beverage



## 305 to my city by Drake, Detail

2 460 028.4

Courage

Endurance

**Ability to endure hardship.**

Confidence

**The state or quality of being confident in oneself.**

High-mindedness

**Given to idealism.**

Cheerfulness

**Noticeably happy and optimistic.**

Industriousness

**Steady application; careful work involving long-term effort.**

## Pound Cake by Drake, JAY-Z

(skip Paris Morton Music 2)



I strongly relate to the characters, Komi and Katai especially in episode 13 (around minute 13) where they misread others' body language and then panic.

[https://en.wikipedia.org/wiki/Komi\\_Can%27t\\_Communicate](https://en.wikipedia.org/wiki/Komi_Can%27t_Communicate)

## Show me what you got by JAY-Z

H.O.V.A., gold bottles of that ace of spade  
Why even fool with these other guys, they all stingy  
All these dudes know how to say is gimme  
Gimme some ass, gimme some brain  
Gimme your number, gimme your name  
But if I get one night baby girl, I swear  
I'll make you tell these other dudes gimme got you here  
I'll take you shopping, take long trips  
I'll take the cork off, you can take sips  
I'll take you there, take my time  
Take you clothes off, you take off mine  
Ma, show me what you got  
Hovie in the spot, tried to told you I was hot

## Warrior Part 2 by Lloyd Banks, Eminem, Nate Dogg

Lachesism (noun): the feeling I tried to convey to L.P. and N.Z. in Oxford, of wanting a war in which to “prove myself.”

<https://www.dictionaryofobscuresorrows.com/post/64620271186/lachesism>

## Crunk Muzik by The Diplomats, Jim Jones, Cam'ron, Juelz Santana (skip the last verse)

You give a chick hard dick and bubblegum (ayy)  
I give a chick a hard brick and Bubble Yum (ayy)  
Like here, take that, shake that, break that (ayy)  
In half and please bring my cake back

## Roc-A-Fella Billionaires by Freeway, JAY-Z

Burning Man is devoted to acts of gift giving. The value of a gift is unconditional. Gifting does not contemplate a return or an exchange for something of equal value.

<https://burningman.org/about/10-principles/>

## Renegade by JAY-Z, Eminem

Maybe it's hatred I spew, maybe it's food for the spirit  
Maybe it's beautiful music I made for you to just cherish  
But I'm debated, disputed, hated and viewed in America  
As a motherfucking drug addict, like you didn't experiment?  
Now now, that's when you start to stare at who's in the mirror  
And see yourself as a kid again, and you get embarrassed  
And I got nothing to do but make you look stupid as parents  
You fucking do-gooders, too bad you couldn't do good at marriage

## Santorini Greece by Rick Ross

Charlotte: I'm stuck. Does it get easier?

Bob: No...yes, it gets easier

...

Bob: The more you know who you are and what you want, the less things upset you.

[https://en.wikipedia.org/wiki/Lost\\_in\\_Translation\\_\(film\)](https://en.wikipedia.org/wiki/Lost_in_Translation_(film))

Lost in Translation (2003)



## Get'em daddy by Hell Rell, Cam'ron

They say beauty's in the eye of the beholder  
That why I look in the mirror every morning, and realize how fly I am  
They wanna know what fuckin label i'm signing to  
I'm the C.E.O. of Diplomat records I sign myself get your cake up

## Heat by 50 cent

The best way to deal with negativity is to observe it, without reaction and without judgment. Then consciously label each...feeling and replace it with positive, compassionate and solution-based thoughts.

<https://www.amazon.com/Never-Split-Difference-Negotiating-Depended/dp/0062407805>

Never Split the Difference: Negotiating As If Your Life Depended On It by Chris Voss (Author), Tahl Raz (Author)

Hate it or love it by The Game, 50 cent



## Throw Some D's by Rich Boy, Polow Da Don

Okay, I'm going to assume that y'all are vaguely familiar with Feng Shui, and a fair sampling of the silly books about it that are out right now. I just finished "Feng Shui Dos and Taboos," and the only thing I can think is that this is just a PRIMER FOR OCD. There are lucky and unlucky directions, placement of every imaginable item in your home and garden, numbers (which is really a giveaway, I think!), colors, flowers, trees, plants, animals, etc. Yes, I know; it has a long and venerable tradition and all that, but honestly, who else thinks it's being perpetuated by people with OCD and LOTS of denial??

Of course, the entire reason I read this book in the first place was because it's a key part of my exposure and response prevention therapy. Basically, I took notes on everything you're NOT supposed to do, and one by one, I'm going to do all those things. Pictures of dragons in the bedroom, the bed facing the door, bathroom doors left open, a willow tree planted in the backyard, etc. But I'm doing it because **a big part of my OCD is magical thinking**-- authors of books like this are trying to frighten people into doing these things because otherwise something awful is going to happen!! Well, that's OCD thinking in a nutshell. It's like they want others to get it. If someone already had a predisposition towards OCD anyway, doing Feng Shui could be enough to trigger it, IMHO. I think it's really kind of awful.

But, maybe not. I'm far from an unbiased observer. What do y'all think?

<https://boards.straightdope.com/t/feng-shui-is-this-as-bad-as-i-think/416736>

Stutter – Double Take Remix by Joe, Mystikal

AFRO by Kaelin Ellis

SAUCED by The Kount, Kaelin Ellis

Colophon

