

How we can forgive people who are being rude to us

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Yahoo India:

Washington, Nov 16 (ANI): We usually tend to dislike someone who's being rude to us, but we may easily get rid of these bad feelings about them if we convinced ourselves that they are just having a bad day and it's not about us, according to a new study.

A strategy commonly suggested in cognitive-behavioural psychotherapy is to find another way to look at the angry person.

For example, you might tell yourself that they've probably just lost their dog or gotten a cancer diagnosis and are taking it out on you.

Stanford researchers Jens Blechert, Gal Sheppes, Carolina Di Tella, Hants Williams, and James J. Gross wanted to study the efficiency and the speed of the process of reappraising emotions.

"You can see this as a kind of race between the emotional information and the reappraisal information in the brain: emotional processing proceeds from the back to the front of the brain, and the reappraisal is generated in the front of the brain and proceeds toward the back of the brain where it modifies emotional processing," Blechert said.

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