

Thirteen Steps Toward Anger Management

- Step 1. Learn to recognize the many faces of anger.
- Step 2. Admit that all angry expressions, good or bad are the result of choices.
- Step 3. Let go of excessive dependencies so your anger management is inwardly directed rather than externally determined.
- Step 4. Choose to relinquish your cravings for control in exchange for freedom.
- Step 5. Ground yourself in truth by setting aside idealistic myths.
- Step 6. Keep your lifestyle habits consistent with your emotional composure.
- Step 7. Live in humility rather than self-preoccupied pride.
- Step 8. Hold your defenses to a minimum; trust your healthy assertions.
- Step 9. Accept the inevitability of loneliness as you struggle to be understood.
- Step 10. Relate to others as equals, neither elevating yourself above them nor accepting a position of inferiority.
- Step 11. Pass along to the next generation your insights about anger.
- Step 12. Avoid the temptation to rationalize your anger, assume full responsibility for who you are.
- Step 13. Be accountable for your ongoing growth and open about your anger management.