

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.**

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