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.

Dr. Dennis Marikis