

The background is a solid yellow color. It is decorated with several handprints in white, black, and yellow, arranged in a border around the central text area. The handprints are of various sizes and orientations, some pointing towards the center and others away from it.

Thirteen Steps to Anger Management

Step 1. Learn to recognize the many faces of anger.

Step 2. Admit that all angry expressions, good and bad, are the result of choices.

Step 3. Let go of excessive dependencies so your anger can be inwardly directed (self-reflective) rather than outwardly determined.

Step 4. Choose to relinquish your cravings for control in exchange for freedom.

Step 5. Ground yourself 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 feeling lonely sometimes when trying to be understood.

Step 10. Relate to others as equals, neither above or below them.

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 be open about your own anger difficulties and insights.