

# 12 Steps of Anger Management

- 1) We are powerless (feelings just happen) over our initial reaction to our anger and it has caused difficulty in our lives.**
- 2) A decision is made to make the changes necessary to change our life style.**
- 3) Made an inventory on what triggers us to get angry**
- 4) Come to a full understanding of the exact nature of what we are afraid of and what leads us to feel harmed and powerless**
- 5) We recognize that compassion for others and not blaming them entirely allows us to be less angry**
- 6) We are entirely ready to identify that our thoughts that trigger anger are based on cognitive distortions. We recognize that these distortions are not based on evidence.**
- 7) We are ready to challenge and replace our cognitive distortions to more positive realistic thinking.**
- 8) Assert ourselves and admit the part that we are wrong and take responsibility for our actions. (Including problem solving, learn to deal with the reality of the event.)**
- 9) We recognize that our resentments cause us to replay the same anger triggers over again (ask for forgiveness)**
- 10) We believe that the power of positive thinking (law of attraction) and power of being in the "Now" can help us maintain a more serene lifestyle (mediation, religion or GOD) (obsessive thoughts attract more negative thoughts)**
- 11) Continually take inventory of your anger triggers and resentments**
- 12) Practice these principals and acknowledge the change**

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