

How to Conquer Your Anger

Gary Smalley suggests that you begin by asking yourself these questions:

"Do I enjoy getting angry?"

"Does it produce the intended results when I get angry?"

"Could I get the same results in a more effective way?"

"How would I be different?"

Smalley suggest you write it down and read it aloud to yourself once a week for six months, that's 26 times. Take the time to read it in the presence of another person. That may seem like a lot of work, but how serious are you about changing this habit in your life? How serious are you about getting control of your anger?