

# The Seven Steps

## Step One

Admit we are angry and our lives have become problematic as a result of the destructive and unhealthy expression of anger.

## Step Two

Demonstrate a willingness to do something about your anger

## Step Three

Take a personal inventory of how your anger has affected your life.

## Step Four

Using the written inventory as a tool, admit to yourselves and to another human being, how it is you have been hurtful with your anger.

## Step Five

Make a written list of those you have harmed, yourself included and be willing to make amends.

## Step Six

Make direct amends to such people whenever possible, except when to do so would injure them or others.

## Step Seven

Continue to take a personal inventory of whether or not you are angry, and when you are, promptly admit it.