



*Ten Commandments for*  
**MANAGING YOUR ANGER**  
 STEVEN STOSNY

*One*

Recognize anger as a signal of vulnerability—you feel devalued in some way.

*Two*

When angry, think or do something that will make you feel more valuable and worthy of appreciation.

*Three*

Don't trust your judgment when angry.  
 Anger magnifies and amplifies only the negative aspects of an issue, distorting realistic appraisal.

*Four*

Try to see the complexity of the issue.  
 Anger requires narrow and rigid focus.

*Five*

Strive to deeply understand other people's perspectives.  
 When angry, you assume the worst or outright demonize the object of your anger.

*Six*

Don't justify your anger; ask if it will help you act in your long-term best interest.

*Seven*

Know your physical and mental resources.  
 Anger is more likely to occur when tired, hungry, sick, confused, anxious, preoccupied, distracted, or overwhelmed.

*Eight*

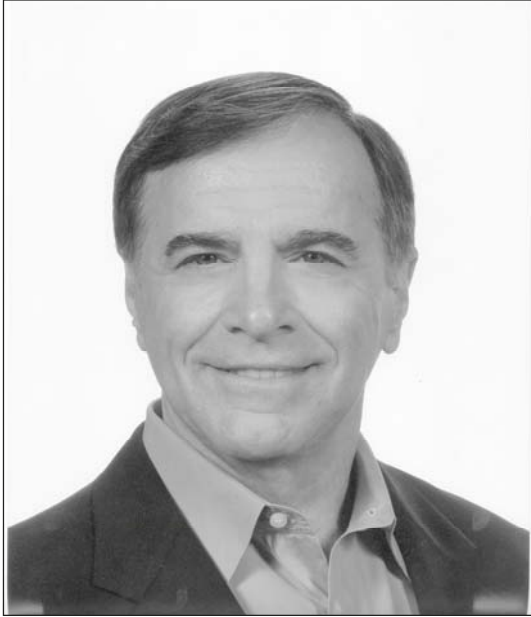
Focus on improving rather than blaming.

*Nine*

When angry, remember your deepest values. Anger is about devaluing others.

*Ten*

Know that the temporary state of anger has prepared you to fight when you really need to learn more, solve a problem, or be more compassionate.



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### REFERENCES

*Love without Hurt: Turn Your Resentful, Angry, or Emotionally Abusive Relationship into a Compassionate, Loving One*

*How to Improve your Marriage without Talking about It: Finding Love beyond Words*

*Treating Attachment Abuse: A Compassionate Approach*

*The Powerful Self*

*Manual of the Core Value Workshop*

STEVEN STOSNY, PH.D., is the founder of Compassion-Power in suburban Washington, DC. His most recent books are, *Love without Hurt* and *How to Improve your Marriage without Talking about It: Finding Love beyond Words*. He has appeared on “The Oprah Winfrey Show,” “The Today Show,” “CBS Sunday Morning,” various CNN shows, and in the *New York Times*, *Washington Post*, *U.S. News & World Report*, *WSJ*, *Esquire*, *Cosmopolitan*, *O*, *Psychology Today*, and *USA Today*. He has treated more than 6,000 clients for various forms of anger, abuse, and violence. He has taught at the University of Maryland and at St. Mary’s College of Maryland.