

Workshop Overview – *Struggling With Anger? Useful Stoic Perspectives and Practices*

Common Experiences of Anger (2:35 – 2:45)	
<ul style="list-style-type: none">• What common experiences did the ancient Stoics write about? Still relevant today?• What new sorts of situations, dynamics, experiences, or challenges do we encounter?	Notes:
Stoic Analyses of Anger as an Emotion (2:45 – 3:00)	
<ul style="list-style-type: none">• Stoic evaluations of anger as negative• Generic causes of anger• What is in our control/not in our control• Role of appearance, opinion, assent• Anger, rationality, and irrationality	Notes:
Dealing With One’s Own Anger (3:00 – 3:15)	
<ul style="list-style-type: none">• Dealing with appearances that lead to anger• Distinction of what is/is not in our control• Understanding actions and motivations• Giving ourselves the gift of time• Making a choice for the good	Notes:
Dealing With The Anger of Others (3:15 – 3:30)	
<ul style="list-style-type: none">• Anger in others can provoke emotion in us• Not becoming angry as a response to anger• Understanding others are out of our control• Not taking their own anger personally• Choice to fulfill our own duties	Notes:
Stoic Practices, Discipline, and Habits (3:30 – 3:45)	
<ul style="list-style-type: none">• Longer term work to carry out on ourselves• Usefulness of types of visualization• Reflection and analysis of one’s own anger• Periodic self-examination• Central importance of habituation	Notes:
Q & A and Wrap-Up of the Session (3:45 – 4:00)	
Questions you’d like to ask:	Notes:

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