

Stoic Anger Management Meeting 1 Crib sheet

Why Manage Anger

1. Anger is one of the greatest ills of humanity. Anger conquers the warmest love. It is temporary madness.
2. The reasons people give in favour of anger are mistaken and can be refuted as follows:

REASON TO BE ANGRY	REFUTATION
To fight injustice	The sword of justice is ill-placed in the hands of an angry person
To get motivated	You get a kind of false courage as with drinking – leading to folly not wisdom
To gain respect	Anger makes you feared not respected, like a Caligula
To correct and reform people	Anger wants to punish people not to help them

Have a think about it each day on your commute. I would like you to spend 10 minutes every day looking at this list and jotting down any doubts that remain about your working on your anger management. In addition, please ask your wife to write down her account of your anger.