

## **Anger Management Week 4 Crib Sheet**

## **How to be a Virtuoso at Living**

In all situations, think about which virtue or virtues are required. The 4 main (cardinal) virtues are:-

Wisdom – how to use reason to understand life and the situation well

Courage – how to manage fear

Self-Control – how to manage desire (including the desire to punish)

Justice – how to deal well with other people, including being kind and compassionate