

Step 5 Admitted to God, to ourselves, and to another human being, the exact nature of our wrongs

5I Drives and motivations - Anger

In step 4, we list how we have misused our anger through denial of anger, bottling it up till it blows, raging, misdirecting it at the wrong people, and the like. Which of these have I done? How much of my “anger” was really manipulation and fear? What has it cost me to not express my anger in healthy ways?

As we admit this misuse of anger to our higher power, we often learn much about ourselves. Some of us have family patterns about anger that need to be “unlearned”. Some of us have to make specific plans for learning, practicing how to express these emotions in healthy ways, and have accountability to others.

What is my higher power teaching me about expressing anger in healthy ways? What is keeping me from following my higher power in this area? What accountability do I need in regards to my anger?

By admitting all this to another human being, how am I better able to see the patterns of my anger and when I am getting ready to have anger affect my life? What other techniques am I learning for dealing with life?

Anger fills the body with chemicals. When we have anger but don’t express it, those chemicals affect our mood and health. What am I doing to take care of my body that will help in resolving my anger?

How am I giving control of my anger over to my higher power? What am I willing to give up in order to follow what my higher power wants me to do with my anger? How can I be accountable to another human being for my anger or rage?

Anger has a healthy use. How am I identifying the hurts that are behind my anger? What boundaries am I adding to my life so as to protect myself and the ones I love without needing to rage or be out of control in anger? How can I be accountable to another human being for the maintenance of those boundaries?