GOAL 8.0 BREAK THE ANGER TRAP

Goal 8.1 Anger, Our Own Problem
Goal 8.2 Anger, A Habit Learned In Childhood
Goal 8.3 The Opposite of Anger
Goal 8.4 Self-Anger, A Conscious Choice
Goal 8.5 The Anger Habit: Problems With Partners
Goal 8.6 The Anger Trap: Introduction
Goal 8.7 The Anger Trap: Part I Faulty Observations and Expectations
Goal 8.8 The Anger Trap: Part II Hurt and Helplessness
Goal 8.9 The Anger Trap: Part III Anger and Mixed Feelings
Goal 8.10 The Anger Trap: Part IV Isolation and Catch 22
Goal 8.11 The Process: Some Preliminaries
Goal 8.12 The Process: Defining Problems to Stay Helpless
Goal 8.13 Beyond Compliments
Goal 8.14 After The Spilled Milk
Goal 8.15 Does He Care For Me?
Goal 8.16 Defining Problems to Find Power
Goal 8.17 Process Worksheets, Filled-in, #1
Goal 8.18 Process Worksheets, Filled-in, #2
Goal 8.19 Process Worksheets, Filled-in, #3
Goal 8.20 Process Worksheets, Filled-in, #4
Goal 8.21 Process Worksheets, Two Sets of Blank Forms
Goal 8.22 Others' Anger
Goal 8.23 It's More Fun to Laugh Than