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