

## The Dance of Anger: A Woman's Guide to Changing the Patterns of Intimate Relationships

[By Harriet Lerner, PhD. ~ Excerpt by Karen E. Sumi, LMFT]

1. Get clarity – Why am I angry? Who am I? What do I want?
2. Focus on myself and be curious - ask questions:
  - What is it that someone else is doing or not doing that bothers me?
  - Why is this meaningful to me?
  - What is my participation in this circular dance?
  - What are the unresolved issues in this relationship or in another relationship that I am bringing into this one?
  - What is the pattern of this relationship?
  - What is the benefit of however I'm feeling or what I'm doing/not doing?
  - What is the real issue?
  - What do I want to accomplish or specifically change?
3. Let go of blaming the other person. Do not judge, criticize, moralize, preach, instruct, interpret, or psychoanalyze.
4. Stop expecting the other person to change. Ask instead: What changes do I need to make?
5. Whose responsibility is this problem?
6. Make "I statements" – share my thoughts, feelings and desires.
7. Slow down – give myself time to think about and figure out the above.