Chapter 6: A personal inventory

This chapter asks you to write a personal inventory of yourself and your life, related to anger. This is a task that many people find extremely difficult. A written personal inventory is very powerful in helping people to separate self-concept from past actions.

1. Write your autobiography (life history) related to anger. Make this a searching and fearless moral inventory of yourself. Make sure to include all the losses you have suffered due to your anger. Use additional paper as required. Try to be specific and write down the details. Remember an honest inventory includes good as well as bad things, so you must also describe the things you like about yourself.