
A COVENANT FOR THE CREATIVE USE OF ANGER & CONFLICT
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1. AWARENESS

We agree to become aware of our own anger. Each of us agrees to monitor our own feelings and not to repress anger or pretend to ourselves that we are not angry or upset.

2. ACKNOWLEDGMENT

We agree to acknowledge and confess our anger to each other before the “sun goes down” This means we accept each others’ right to be angry without shame or guilt implied. Each accepts personal responsibility for his/her feelings.

3. NON-RETALIATION.

We renounce the right to vent anger or to attack the other because it is too damaging to our love. So I say, “I’m angry with you. And I want to do something constructive about it, but you can be sure I will not attack you or try to hurt you.”

4. COALITION FOR RECONCILIATION

Both of us accept responsibility for the creative resolution of our anger. The person who is angry will take the initiative to ask for help, and the other spouse agrees to listen and to seek ways to resolve the hurt. As antagonists we now form a coalition. We become friends and join together in order to attack our common enemy, the anger which separates us.

Signed: _____

Date