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1. Anxiety Towards The Wrong-doer Is Absent Or Low
2. Anger Is Directed Towards The Wrong-doer, Not Towards A Substitute
3. Anger Is Expressed By Oneself, Not By Others (anger Is In YOUR Body).

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In Your Mind's Eye, Imagine Walking Down A Path That Leads To A
Beautiful Beach. As You Arrive, Use All Your Senses And Notice The Colors, The
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Guided
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Just On The Other Side Of The Tree Line, You See A Trail, So You Walk Ou Mar 13th,
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