

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

by Harriet Lerner

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

- ☐ ⁰¹ **Name the anger signal** ☐ ☐ ☐ ☐ ☐ ☐ ☐
- Write what the anger may be protecting: boundary, respect, rest, fairness, honesty, space.

MON TUE WED THU FRI SAT SUN

- ☐ ⁰² **Map the old dance** ☐ ☐ ☐ ☐ ☐ ☐ ☐
- Describe the repeated steps: who pursues, withdraws, fixes, blames, explains, or goes silent.

MON TUE WED THU FRI SAT SUN

- ☐ ⁰³ **Define your position** ☐ ☐ ☐ ☐ ☐ ☐ ☐
- Write one sentence beginning: I think, I want, I will, or I will not.

MON TUE WED THU FRI SAT SUN

- ☐ ⁰⁴ **Plan for pushback** ☐ ☐ ☐ ☐ ☐ ☐ ☐
- Predict how the system may pressure you to return to the old role.

MON TUE WED THU FRI SAT SUN

- ☐ ⁰⁵ **Speak one I-position** ☐ ☐ ☐ ☐ ☐ ☐ ☐
- Say one clear sentence about yourself without diagnosing the other person.

MON TUE WED THU FRI SAT SUN

- ☐ ⁰⁶ **Stop one overfunction** ☐ ☐ ☐ ☐ ☐ ☐ ☐
- Refuse one task, emotion, or responsibility that belongs to someone else.

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MON TUE WED THU FRI SAT SUN

- ☐ ⁰⁷ **Review the dance after conflict** ☐ ☐ ☐ ☐ ☐ ☐ ☐
- After a tense exchange, identify your step and the one new step you want to practice.