

The Devastation of Unresolved Anger

Part 3: General Steps to Resolve Anger I

PERSONAL APPLICATION

1 Accept Personal Responsibility for Your Anger

- How often do you experience anger? At least once a day Once a week Rarely
- Rate the intensity of your anger: (1 = low, 10 = high; circle one) 1 2 3 4 5 6 7 8 9 10
- Have you shifted blame for anger to: People Situations Physical problems
- Do you now accept full responsibility for your anger? Yes No
- Do you agree with God that wrathful anger is wrong? Yes No

2 See Your Anger Through Those It Damaged

- Have you studied the ten symptoms of anger? (See 1st Message 11/11/06.) Yes No
- How many people recalled times when you were angry? _____ How many did you ask? _____

3 Recognize Anger as an “Alarm” From Past Guilt

- Can you give a personal example of how anger was a special alarm? Yes No
- Will you now use anger to reveal the tension of past guilt and deal with it? Yes No
- Do you remember times of going to bed angry? Yes No
- Can you identify wrong thoughts and emotions that resulted? Yes No
- Have you gone back and asked forgiveness of those who were offended? Yes No

4 Act Quickly in Correcting Past Offenses

- Have you spent time recalling past offenses, especially to parents? Yes No
- Have you asked them to forgive you for all past wrongs? Yes No
- Did you receive their verbal forgiveness? Yes No
- Are you now free to tell others how you have gained a good conscience? Yes No

5 Acknowledge the Anger of Your Forefathers

- Have either or both of your parents had a problem with anger? Yes No
- Have any of your grandparents had a problem with anger and temper? Yes No
- Have you justified your anger because of theirs? Yes No
- Have you now acknowledged the iniquities of your forefathers? Yes No
- What special disciplines will you build in your life to offset their iniquities?
 - Memorize Scriptures on anger and the Ten Tongue Tamers.
 - Maintain a clear conscience at all times.
 - Learn humility by confessing your faults and needs to God and others.