

The Devastation of Unresolved Anger

Part 4: General Steps to Resolve Anger I

PERSONAL APPLICATION

7 Fully Forgive Your Offenders

- Have you made a list of offenders who have caused you anger? Yes No
- Have you now forgiven each one of them as G-d has forgiven you? Yes No
- In what ways can you benefit your offenders? _____

8 Learn to See Benefits from Anger-Causing Events

- What major tragedies have impacted your life? _____
 - What character qualities could you have learned from this? _____
 - In what ways was the tragedy G-d's discipline? _____
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- Have you been able to help others with the lessons from this tragedy? Yes No

9 Exchange Personal Rights for G-d's Control

- Can you trace recent anger to a violation of personal rights? Yes No
- What other rights tend to cause anger? _____
- Is it your desire to gain the character quality and rewards of meekness? Yes No
- Have you now entrusted all your rights to G-d for His will? Yes No
- Are you prepared to thank G-d for whatever He allows to happen? Yes No

10 Establish a Structure of Accountability

- Do you need to be accountable to someone for anger resolution? Yes No
- Who would be the best one to hold you accountable? _____
- Will you faithfully report the progress as you implement these ten steps? Yes No