



## Anger Management

Eph. 4:26, 27 *"In your anger and do not sin": Do not let the sun go down while you are angry, and do not give the devil a foothold. (i.e. bitterness, resentment)*

- |             |                  |
|-------------|------------------|
| + assertive | - condemning     |
| - pouting   | - acquiesce      |
| - defensive | + admit my wrong |
| - reacting  |                  |
| - attacking |                  |

### **ANGER**

- |                     |                      |
|---------------------|----------------------|
| + delay             | - condescending      |
| - stuffing - denial | - give up            |
| - withdrawing       | + let go and let God |
| - ignoring          |                      |
| - procrastinating   |                      |

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1. What is the unmet expectation or need? Realistic or unrealistic
  2. Recognize the feeling of anger and admit it.
  3. Identifying the underlying emotion.
  4. Deal with the underlying emotion.
  5. Release the anger.