



## Chap 2 Managing Your Anger

**GOAL:** Admit that all angry expressions, good or bad, are the result of choices.

Share your answers to the questions on p. 22 & 24.

Five ways to handle anger:

### 1. SUPPRESSION

Many people learn to suppress their anger because of \_\_\_\_\_  
caused by authority figures.

TRUTH – Anger is \_\_\_\_\_ human emotion.

### 2. OPEN AGGRESSION

Expression of anger that is at the \_\_\_\_\_ of an other.

### 3. PASSIVE AGGRESSION

At the expense of another, but \_\_\_\_\_.

### 4. ASSERTIVENESS

Settles issues AND considers the needs and feelings of \_\_\_\_\_.

Helps you to keep a clean \_\_\_\_\_ with others.

Assertiveness two key reminders:

1. Be sure that the issues are \_\_\_\_\_.

2. Watch your \_\_\_\_\_ and \_\_\_\_\_ language.

Share with your group your answers to the first question on p. 35.

### 5. DROPPING IT

Accept your \_\_\_\_\_.

Accept the things I cannot \_\_\_\_\_.

Share answers page 37.

Suggestion to help with dropping anger.

1. Accountability

2. One day at a time

3. Journal

Since it says in the Bible “Be angry and sin not” (Psalm 4:4)

I have a \_\_\_\_\_ about what to do with my anger.



## **Chap 3 Why Can't You Just Love Me**

**GOAL:** Let go of \_\_\_\_\_ dependencies so your anger is inwardly directed rather than externally determined.

### **PROBLEM:**

1. No family is \_\_\_\_\_; my \_\_\_\_\_ were not always met.
2. Most people do not recognize their dependencies because they have not been trained to examine their \_\_\_\_\_ carefully.
3. Share answers to the questions on P 50 and last quest. P 51.

### **SOLUTION: Balanced Dependency**

#### **1. Develop \_\_\_\_\_ Well-Being**

- A. Acknowledge the unreliability of \_\_\_\_\_ (Jer 17:9). The heard is deceitful above all things and desperately wicked: Who can know it?

Share your answers to question at the top of page 53.

- B. Acknowledge my inability to \_\_\_\_\_ all my problems.  
What step are you on with your anger?

I. \_\_\_\_\_

II. \_\_\_\_\_

III. \_\_\_\_\_

STEP 3 Made a decision to turn my \_\_\_\_\_ and my \_\_\_\_\_ over the care of God.

Share your answers to the questions on the bottom of page 53.

- C. Anticipate situations that make us \_\_\_\_\_ to anger, and ask God for help.

#### **2. Develop a \_\_\_\_\_ Mind**

- A. Ask \_\_\_\_\_?

- B. Ask what \_\_\_\_\_ does it make?

- C. Ask "What's in it for \_\_\_\_\_?"

- D. How could I have \_\_\_\_\_ instead of reacted with an angry expression?

In the LORD I have \_\_\_\_\_. I do not have to be pulled down by other's behavior.



## Chap 4 Feeling Controlled Causes Anger

**GOAL:** Choose to relinquish your cravings for control in exchange for freedom.

1. Excessive control is caused when:

A. Performance takes priority over \_\_\_\_\_.

A. An emotional situation requires an \_\_\_\_\_ response.

B. Share from the top of page 64.

PLEASE RESPOND EMOTIONALLY

C. Control (and anger) is minimized when \_\_\_\_\_ take priority over performance.

D. Share from page 65.

B. Differentness is \_\_\_\_\_.

A. You should be like \_\_\_\_\_ NOT like \_\_\_\_\_.

B. I have \_\_\_\_\_; others have \_\_\_\_\_.

C. Obligation is mandatory rather than a \_\_\_\_\_.

A. Others insist that we \_\_\_\_\_ follow their rule book.

B. Share from page 69.

C. How can I respond to that situation in an assertive way?

D. A soft answer turns away \_\_\_\_\_. (Proverbs 15:1)

E. The advantages of sidestepping a power play are: (p72)

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F. A soft answers shows that we are independent on \_\_\_\_\_.

2. Freedom from control means that we choose to manage our anger by \_\_\_\_\_ or \_\_\_\_\_. (CHAP 2)

3. Look at the 3 examples on page 74, are they examples of assertiveness or dropping it.



## Chap 5 Myths That Perpetuate Anger

**GOAL:** Ground yourself in truth by setting aside idealistic myths.

1. We need to \_\_\_\_\_ the broad generalizations that fuel our anger.
2. Share your answers from page 79.

Write a truth statement for each of these false beliefs.

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3. Our false beliefs come from \_\_\_\_\_ that we have experienced.

Psalm 27:10 Though my father and mother forsake me, the LORD will receive me.  
Forsake means to \_\_\_\_\_ or \_\_\_\_\_

4. Share from page 80.  
Pray that God will heal the damaged emotions.
5. Share from page 81 – THE TRUTH!!
6. Look at your difficulties as \_\_\_\_\_  
James 1:2 Consider it pure \_\_\_\_\_ whenever you face trials .....
7. Share your answers at the top of page 92.



## **Chap 6 Self Inflected Anger**

**GOAL:** Examine your lifestyle habits and see what adjustments you can make to maximize \_\_\_\_\_.

How are my \_\_\_\_\_ contributing to my anger?

1. **Morality** – What do I value?

A. God's Ways can be seen as a box of a \_\_\_\_\_.

B. Share your answers from page 100.

Pray that God will give you the willingness to make one change.

2. **Work** – Overworked, stressed out people are \_\_\_\_\_ because their needs are not being met.

Ruth Chap 2 She rested; ate until she was satisfied; drank water when she was thirsty.

3. **Health Habits** – Do I care enough to take \_\_\_\_\_ of me?

A. Do I pay \_\_\_\_\_ to my body?

B. Share your answers from page 104.

Pray that God will give you the willingness to make one change.

4. **Material Gain** – \_\_\_\_\_ cannot be bought.

5. **Substance abuse** –

Share your answers to #1 & 2 on page 109.

Pray for healing for the things we are hiding from.

6. **Spiritual Life** –

A. Being at peace with God \_\_\_\_\_ us to confidently combat worldly imperfections.

B. Maintaining a \_\_\_\_\_ with God helps to keep our problems in a perspective.

C. One goal for my spiritual life is \_\_\_\_\_

\_\_\_\_\_



## **Chap 9 Loneliness Creates Anger**

**GOAL:** Accept that loneliness is part of life as you attempt to identify and communicate your needs.

1. Loneliness is the uncomfortable awareness that \_\_\_\_\_ exist in our relationships. (p156)
2. Share from page 158.  
What's the feeling?  
Have I felt this feeling before?  
Pray that God will heal the damaged emotions.
3. Loneliness is natural to \_\_\_\_\_ (p 160)
4. Loneliness is a \_\_\_\_\_ of living in an imperfect world (p 161).
5. What part of the serenity prayer do you see in action p 161 (dots)?
6. Share from p 165.  
Pray for each other that God will help you put one of the adjustments into practice.
7. Most people do not read \_\_\_\_\_ well. (p 166)
8. There is no \_\_\_\_\_ that others will respond to your needs once you have shared them. (p 167)
9. If we expect that relationships should always respect the rules of \_\_\_\_\_ we delude ourselves. (p 168)
10. Share from p 168.  
Pray that God will help you to try one of these adjustments to help you address your relational needs.