

ANGER MANAGEMENT

- Identify the cause of your anger, not the source but the immediate cause.
- Determine an appropriate response pattern. Wait to take action until you do.
- Tear up the problem not the person. People are never problems but they have problems.
- Form a biblical response. What would Jesus do? This is a good starter question.
- If you can't deal with your anger wait but don't internalize your anger or let it fester. Write it down but set it aside and don't dwell on it.
- What if you can't resolve your anger? Wait three days. Are you still angry? Use your anger as energy.
- Anger is an emotion. It is not bad or good, it just is.
- You can't control your anger you can only manage the response pattern. Do no harm to others or myself.
- Use anger to heal and help. Light up a city don't destroy it.
- Now take positive action. Anger is action oriented. Otherwise I will get frustrated and become aggressive.
- Remember tear up the problem not the person and don't blow up or clam up.