

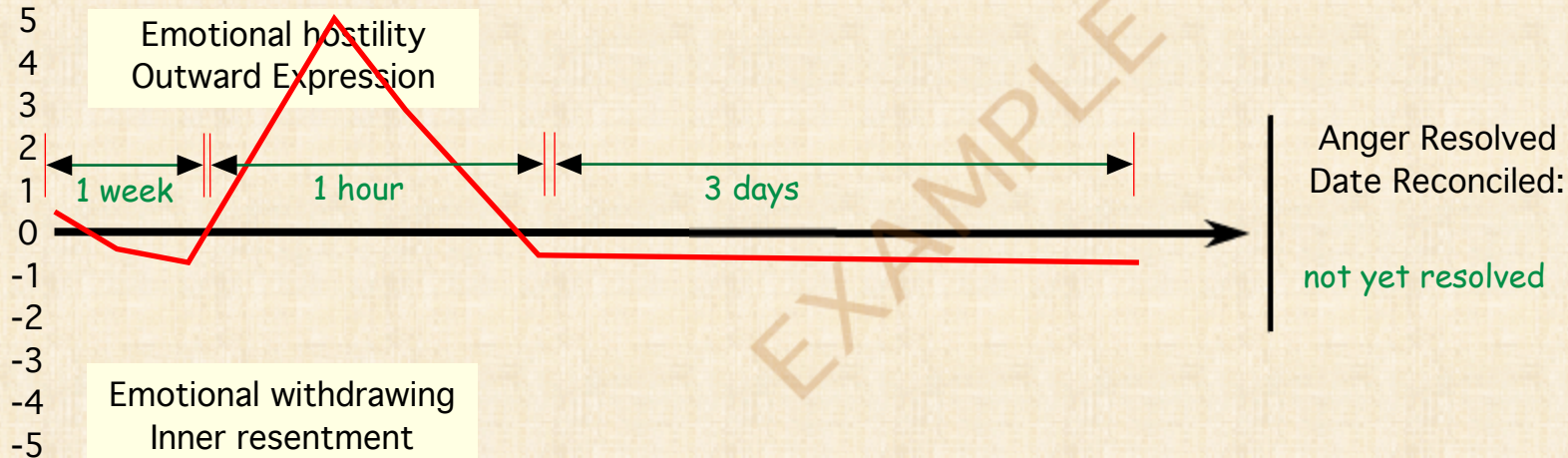
Circumstances for my Anger

Page 1 Circumstances (example)
Page 2 Consequences (example)
Page 3 Circumstances (blank)
Page 4 Consequences (blank)

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1) Draw a line graph of a recent anger encounter or anyone with which you have an unresolved anger/resentment/hostility.



2) Indicate the length of each part of the line. Feel free to use different measurements (hours, years, etc.) Note whether fully resolved yet.

Notice that the anger slowly built up over a week's time and, then followed a short outburst. Slow burning resentment still going on for 3+ days.

3) Explain the meaning of the line graph in your own words including your reason for the anger. After you have done this, go to the next page and fill in the list of persons you have negatively impacted by your anger.

My anger built up from my son John refusing to do things I told him. He left things out. I tried to handle this by bursting out in anger, spanking in anger, and then just leaving the house. Still troubles my soul because it isn't solved. I don't like being near family or home. Dangerous situation.

Consequences of my anger

Psalm 37:8
Cease from anger, and forsake wrath.

	Physical	Spiritual	Emotional	Other
John (son)	Spanked out of anger rather than love.	Distant; resentment against me affects willingness to respond to God.	Verbal hostility; shouted; Said, "You're plain stupid!"	
May (wife)	none	Not praying for her; angry with her hostility	Withdrawal; Doesn't talk with me; distrust in my leadership	
Henry (neighbor)		Henry overheard. Bad testimony.	I don't feel like talking to anyone about the Lord.	
Lord (God)		Guilt. Shut Him out. No sincere praying.	I feel absolutely awful.	I know things will not go right until straightened out.

4) List names and relationships of those your anger has impacted from the incident of anger shown on page 1.

5) Write out appropriate words or short phrases describing evil impact under each category.

6) By writing these things out, you have acknowledged your evil. Now you need to:

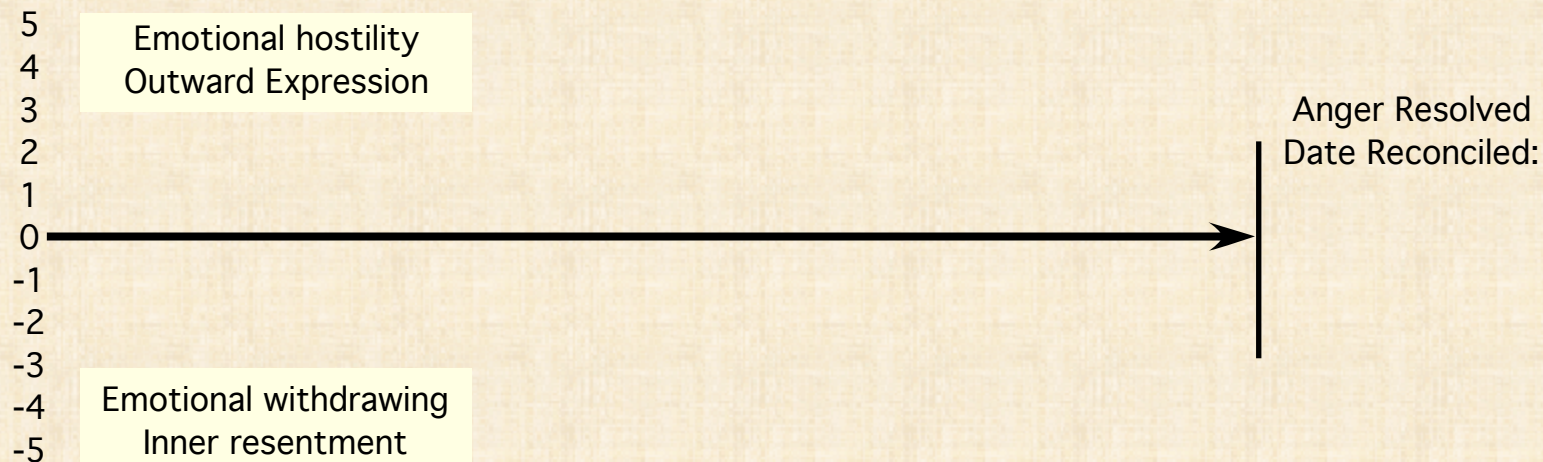
- 1) Confess your evil one by one to the Lord.
- 2) Ask for His forgiveness.
- 3) Seek reconciliation with each person, with apology, asking for forgiveness, acknowledgment of pain you brought to them, and making any appropriate recompensation for financial losses incurred.
- 4) God back to page 1 and write down time of full reconciliation. Thank God for His grace.

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Consequences of my anger

Psalm 37:8

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and forsake wrath.

Physical

Spiritual

Emotional

Other

A red circle on the left side of the page has five red arrows pointing to five horizontal green wavy lines. The lines are positioned under the 'Physical', 'Spiritual', 'Emotional', and 'Other' categories, with the fifth line extending further to the right.

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