Therapon University's

WORKBOOK

For the Course of Study

THE ANGER WORKBOOK

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Workbook by Daniel G. Hiers, Ph.D.

To be completed as the student reads the course text
Upon completion, return to Therapon University for grading.

Student's Name:

_____

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Printed in the United States of America

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Contents

1.	What is Anger?…….	***5***
2.	Managing Your Anger…….…….	***13***
3.	Why Can't You Just Love Me?……...	***25***
4.	Feeling Controlled Causes Anger…….	***33***
5.	Myths That Perpetuate Anger……..	***41***
6.	Self-Inflicted Anger……... ……...	***49***
7.	How Pride Influences Anger...……..	***59***
8.	Fear's Effect on Anger……..	***65***
9.	Loneliness Creates Anger.……	***73***
10.	Anger Reflects Inferiority Feelings……...	***77***
11.	Managing a Child's Anger.……...	***83***
12.	Why Anger Lingers……...	***89***
13.	Being Accountable……..……..	***95***

1

What is Anger?

1. What is Step 1 toward anger management? _____

   _____

2. Why is anger an emotion that is common to every person? _____

   _____

   _____

3. How do most people think of anger? _____

   _____

   _____

4. Anger is not one dimensional but is _____; therefore it should not be _____.

5. Anger can be found in any _____ whether a person is shy or extroverted, perfectionistic, or laid-back.

6. We use the word anger to describe a number of expressions:

   a) _____

   b) _____

   c) _____

   d) _____

   e) _____

7. It is important to realize how each of these _____ is tied to anger but that they do not completely define it.

8. Anger can be managed if you apply an _____ mind to it.

9. Using the following Scriptures what steps can a person take toward developing an awakened mind?

   a) _____

   _____

   _____(Rom 12:2)

   b) _____

   _____(Phil 2:5)

   c) _____

   _____(Col 3:2)

10. Are civilized mannerisms proofs that anger is under control?

    _____ Yes _____ No

11. What does Ephesians 4:26 say about controlling one's anger? _____

    _____

12. Anger _____ is far less daunting if we come to know and understand it.

13. Define the emotion of self-preservation. _____

    _____

    _____

14. Anger is defined as an intent to preserve:

    a) _____

    b) _____

    c) _____

15. Read Matthew 26:7-54. What act of self-preservation is demonstrated by Simon Peter? _____

_____

_____

16. In many cases anger is ignited when the person perceives _____ or _____.

17. In personal communication, _____ are more powerful than intentions.

18. Christianity offers great hopes to those whose _____ is not acknowledged by our fellow human beings and we are taught that God places high value on each person that calls on Him. What do the following Scriptures say about this?

    a) _____

    _____

    _____(John 1:12)

    b) _____

    _____(Gal. 3:26)

    c) _____

    _____

    _____ (1 Jn. 3:1a)

19. King David struggled with the idea that he might be of real value to his Creator when he wrote: _____

    _____(Ps. 8:4)

    Yet, the Lord assured David he had been created with glory and majesty.

20. In your own words briefly explain the meaning of Jesus' parable in Matthew 13:45-46. _____

    _____

    _____

21. We need to _____ to accept our worth even when another human chooses not to.

22. This choice can have a major effect on the intensity of our _____ emotions.

23. The Bible recognizing the fact that humans have basic survival needs. What do the following passages teach about these survival needs?

    a) _____(Jn. 13:34b)

    b) _____(Rom. 15:1a)

    c) _____(Rom 15:2)

    d) _____(Gal. 6:2a)

    e) _____(Col. 3:16d)

    f) _____(1 Thes. 4:18)

    g) _____(1 Thes.5:11a)

24. These (and many more) instructions recognize our intricate system of needs that must be satisfactorily addressed if we are to have _____.

25. What happens when our essential needs are not addressed or when they are invalidated? _____

    _____

26. Why are there distinct differences between people's lists of major needs?

    a) _____

    _____

    b) _____

    _____

    _____

27. In 1 Corinthians 15:38-40 how does the Apostle Paul illustrate differences among God's creation?

    a) _____

    _____(vs. 38)

    b) _____

    _____

    _____

    _____ (vs. 39)

    c) _____

    _____

    _____ (vs. 40)

28. The resulting behavior of an angry person demonstrates a weariness of having to live without his or her basic needs being _____ by others.

29. Through anger a person may express their need for self-preservation and a hope that someone would satisfy their needs. In Philippians 4:19 what words of encouragement are offered by the Apostle Paul? _____

    _____

    _____

30. What implications was the Apostle Paul making in this passage Phil 4:19? (*Answer optional - thought question*) _____

    _____

    _____

    _____

    _____

31. There are times we need to take unwavering stands for our convictions; however when anger is so much a part of your personality that you lose capacity to find peace,

    it's an indication your good beliefs are _____.

32. In Philippians 4:6-7 what words of wisdom does the Apostle Paul offer:

    a) _____

    _____ (vs. 6)

    b) _____

    _____ (vs. 7)

33. We definitely need a firm foundation of beliefs to guide our lives, yet we also need to know how to remain composed when others do not share our beliefs. How does the Apostle Paul instruct young Timothy to deal with such situations in 2 Timothy 2:23-25a.

    a) _____(vs. 23a)

    b) _____

    _____(vs. 24a)

    c) _____(vs. 24c)

    d) _____(vs. 25a)

34. In 2 Timothy 2:25-26 what four reasons does the Apostle Paul give for the conduct he had just prescribed?

    a) _____ (vs. 25b)

    b) _____(vs. 25c)

    c) _____(vs. 26a)

    d) _____ (vs. 26b)

35. What happens when someone is trained to think in black and white terms and the hold

    firmly to their beliefs? _____.

36. Read 1 Corinthians 8:1-13 and briefly explain how dogmatism had set in amongst the Corinthians? _____

_____

_____

_____

37. By defining anger as the emotion of self-preservation of your _____, _____, and _____, it is easier to detect your moments of vulnerability to it.

38. Why may anger be good or bad? _____

_____

39. _____is found when anger is linked to reasonable issues and is communicated in a proper manner.

2

Managing Your Anger

1. What is STEP 2 toward anger management? _____

   _____

   _____

2. Why is it important to learn how to identify anger and understand its meaning? ____

   _____

3. _____ your choice puts the responsibility for your actions squarely on your own shoulders

4. By making _____ a matter of choice, you are saying, "*Although my world may not be stable, I can be stable in it*."

5. What words of wisdom does the Apostle Paul offer in Ephesians 3:17-19 that would help a person live a stable life?

   a) _____

   _____

   _____ (vs. 17)

   b) _____

   _____

   _____ (vs. 18)

   c) _____

   _____ (vs. 19)

6. From the diagram, list the steps in the Non-productive Anger Cycle.

   a) _____

   b) _____

c) _____

d) _____

e) _____

7. Painful circumstances come in the form of:

a) _____

_____

b) _____

8. In Psalms 55, David contemplates on painful circumstances created by his own friend. List some of his thoughts.

a) _____

_____(vs. 3a)

b) _____(vs. 3c)

c) _____ (vs. 3d)

d) _____(vs. 12a)

e) _____

_____(vs. 12c)

f) _____(vs. 13a)

g) _____ (vs. 13b)

h) _____(vs. 14a)

i) _____ (vs. 14b)

9. Give three ways in which people attempt to change the environment as a response to angry emotions.

a) _____

b) _____

c) _____

10. These actions are not always bad but it can be risky because it does not guarantee anger relief. What usually happens instead? _____

_____

_____

_____

11. By _____ to manage your anger, you can break the non-productive anger cycle.

12. There are five general choices that can be made when anger arises:

a) _____

b) _____

c) _____

d) _____

e) _____

13. In Psalms 4:4, what were David's instructions to the angry person?

a) _____

b) _____

c) _____

d) _____

14. Why do many people hesitate to admit their own anger? _____

_____

_____

_____

15. Why do people habitually suppress their anger?

    a) _____

    _____

    b) _____

    _____

    c) _____

    _____

    d) _____

    _____

    e) _____

    _____

16. Another explanation for suppressing anger is a mindset of _____.

17. How would you explain the mindset of moral superiority? _____

    _____

    _____

    _____

18. In the following passage what did the Apostle Paul declare regarding our imperfect lives?_____

    _____(Romans 3:23)

19. How does suppressed anger resemble moss living in the damp, dark corner of the basement?

    a) _____

    b) _____

    c) _____

20. Using Acts 8:23, how could the words of the Apostle Peter be used to describe the effects of suppressed anger? _____

    _____

    _____

21. What warning is issued in Hebrews 12:15 regarding bitterness?

    a) _____

    _____ (vs. 15b)

    b) _____(vs. 15c)

22. Name some characteristics of open aggression.

    a) _____

    b) _____

    c) _____

    d) _____

    e) _____

    f) _____

    g) _____

    h) _____

23. Open aggression arises from a focus that so strongly emphasizes _____

    _____ that there is a powerful insensitivity to the

    _____.

24. In Colossians 3:12-17 what instructions did the Apostle Paul give regarding our conduct towards one another?

    a) _____(vs. 12a)

    b) _____ (vs. 12b)

c) _____ (vs. 12c)

d) _____ (vs. 12d)

e) _____ (vs. 12e)

f) _____ (vs. 13a)

g) _____ (vs. 13b)

h) _____ (vs. 14a)

i) _____(vs. 15a)

j) _____ (vs. 15c)

k) _____ (vs. 16a)

l) _____ (vs. 16b)

m) _____

_____(vs. 17a and b)

25. Openly aggressive anger can be easily identified because it does not _____

_____.

26. Two major explanations can be given for open aggression:

a) _____

b) _____

27. Much anger is related to trivial imperfections that simply won't go away because we live in a sinful imperfect world. What does Romans 3:10-18 say about the condition of our world?

a) _____ (vs. 10)

b) _____(vs. 11a)

c) _____ (vs. 11b)

d) _____ (vs. 12a)

e) _____ (vs. 12b)

f) _____ (vs. 12c)

g) _____(vs. 13a)

h) _____ (vs. 13b)

i) _____ (vs. 13c)

j) _____ (vs. 14)

k) _____ (vs. 15)

l) _____ (vs. 16)

m) _____ (vs. 17)

n) _____ (vs. 18)

28. _____ people who accept these imperfections and acknowledge their limits to force people into a mold, learn to live with some problems rather than attempting to erase them all.

29. _____ persons are so needy and desirous of respect they communicate in unbending demands.

30. The aggressive person's emotional stability is dependent upon other's _____ _____.

31. What does Psalms118:8 say about dependence? _____ _____

32. Anger expressed through passive aggression involves preserving personal _____, _____, and _____ at someone else's expense.

33. It differs from open aggression in that it is accomplished in a _____ _____, causing less personal vulnerability.

34. Passive aggression is caused by a need to have _____ which is evidenced by a strong competitive _____.

35. The passive aggressive person is engaged in a battle for superiority. What did the Apostle Paul state in the following passage regarding such an attitude?

    a) _____

    _____

    _____

    _____

    _____(Rom. 12 :3)

    b) _____

    _____(Gal. 6:3)

36. If anger is defined as preserving personal worth, needs and convictions, then assertive anger means this preservation is accomplished while considering the _____ and _____.

37. Assertive anger can actually help relationships to grow and represents a mark of personal _____ and _____.

38. Explain in your own words what you believe the Apostle Paul meant when he said, "*Be angry and sin not.*" (Ephesians 4:26) _____

    _____

    _____

    _____

    _____

39. What standard of conduct does the Apostle Paul offer in Romans 12:9-10?

    a) _____(vs. 9a)

    b) _____ (vs. 9b)

    c) _____(vs. 9c)

    d) _____(vs. 10a)

e) _____(vs. 9c)

40. Two key reminders will help you learn to communicate assertively:

a) _____

_____

b) _____

_____

41. Assertiveness is demonstrated in Ephesians 4:15 when the Apostle Paul gave the instruction to speak the "_____".

42. In the following passages how did the Apostle Paul instruct us to communicate with each other?

a) _____

_____(Eph. 4:29a)

b) _____

_____ (Eph. 4:29b)

c) _____

_____(Eph. 4:29c)

d) _____(Eph. 5:4a)

e) _____(Eph.5:4b)

f) _____(Eph. 5:4c)

g) _____(Eph. 5:4e)

h) _____ (Col.4:6a)

i) _____(Col. 4:6b)

43. Assertiveness requires _____ and _____ for the dignity of others.

44. As you pursue assertiveness what advice could you follow from James 1:19? _____

_____

_____

45. Of the choices involving anger the most difficult one is to _____.

46. Dropping your anger means you accept your inability to completely _____

_____ and you recognize your _____.

47. This option includes tolerance of differences as well as _____

_____.

48. In Ephesians 4:31-32 what instructions does the Apostle Paul give?

a) _____

_____

_____ (vs. 31)

b) _____

_____

_____ (vs. 32)

49. Suppression represents _____ while dropping anger represents a commitment to _____.

50. List the six things the Apostle Paul instructed Timothy to pursue in 1 Timothy 6:11.

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

51. A common problem that often arises when people attempt to drop their anger is _____.

52. Only God is capable of removing memories "_____ _____." (Ps. 103:12)

53. What actions can you take to help you when you choose to drop anger?

a) _____

_____

b) _____

_____

c) _____

_____

54. In Philippians 4:13 what encouragement does the Apostle Paul give? _____

_____

55. When your emotions become less mysterious and more familiar to you, they will stop _____ you.

3

Why Can't You Just Love Me?

1. What is STEP 3 toward anger management? _____

   _____

   _____

   _____

2. Each of us has basic psychological needs that have to be adequately met if we are to enjoy _____.

3. Persistent problems with anger imply unresolved _____.

4. When we feel consistently loved our emotions show through their _____

   _____.

5. Though people will consistently neglect giving love what reminder is found in 1 John. 4:9-10?

   a) _____

   _____

   _____

   _____ (vs. 9)

   b) _____

   _____

   _____ (vs. 10)

6. The lack of love causes us to respond to our rejected feelings with _____

   _____.

7. What command have we been given regarding love, in 1 John. 4:11? _____

_____

_____

8. Anger can be experienced as:

a) _____

b) _____

c) _____

9. Give some examples of how love can be communicated to children.

a) _____

_____

b) _____

_____

c) _____

_____

d) _____

_____

e) _____

_____

f) _____

_____

g) _____

_____

10. Using 1 Corinthians 13:4-8a, describe the biblical view of love.

    a) Love _____

    b) Love _____

    c) Love _____

    d) Love _____

    e) Love _____

    f) Love _____

    g) Love _____

    h) Love _____

    i) Love _____

    j) Love _____

    k) Love _____

    l) Love _____

    m) Love _____

    n) Love _____

    o) Love _____

    p) Love _____

11. The more you struggle with anger, the more it indicates that some of your need for love was _____.

12. _____ in friendships also is important in knowing we are loved.

13. What trait do humans share that becomes a problem when love needs go unmet? _____

14. Dependency allows inner thoughts and emotions to be dictated by _____

_____.

15. Explain how external circumstances would dictate your level of dependency.

_____

_____

_____

16. Is it wrong to be dependent? _____ Yes _____ No

Briefly explain your answer. _____

_____

_____

_____

17. _____ dependency is the situation we want to avoid.

18. Why is it dangerous to allow emotions to depend on circumstances? _____

_____

_____

19. Rather than allowing emotions to depend on circumstances what remedy does Isaiah 26:3 offer? _____

_____

_____

20. Many people who have a history of an unmet need for love develop anger, which becomes a habit and they need an unnatural inner strength to help them break free from their pain. What is taking place when this happens? _____

_____

_____

21. In Psalms 60:11-12, how does David express his feelings regarding dependency?

    a) _____

    _____(vs. 11)

    b) _____

    _____

    _____(vs. 12)

22. Read Psalms 62 and list some of David's statements which indicate his complete dependence on God.

    a) _____(vs. 1a)

    b) _____ (vs. 1b)

    c) _____(vs. 2a)

    d) _____ (vs. 2b)

    e) _____(vs. 2c)

    f) _____ (vs. 5b)

    g) _____(vs. 7a)

    h) _____ (vs. 7b)

    i) _____(vs. 7c)

    j) _____(vs. 8a)

23. What did David declare in Psalms 23:1? _____

    _____

24. There are two steps you can take toward balancing your dependencies:

    a) _____

    b) _____

25. Change is not gained by mere knowledge alone. We find it only as we appeal to God for the _____ work of the Holy Spirit and by praying regularly for His _____.

26. Read 2 Corinthians 3:18 and briefly explain this verse in your own words. _____

_____

_____

_____

27. What did the Apostle Paul declare in the following Scriptures that indicated that his transformation had come from God?

a) _____

_____

_____

_____ (1 Corinthians 15:10)

b) _____

_____

_____ (Ephesians 3:7)

28. List the three steps to spiritual well-being.

a) _____

b) _____

c) _____

29. What do these correlating Scriptures say concerning the steps listed above which are necessary to achieve spiritual well-being.

a) _____

_____(Jer. 17:9)

b) _____

_____ (Psalm 46:1)

c) _____

_____ (Psalm 119:11)

30. Name the healthy characteristics prescribed in Galatians 5:22-23.

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

g) _____

h) _____

i) _____

31. Some circumstances tempt us to lose our focus, succumbing to ugly _____

_____.

32. What is the key to identifying potential situations of dependency? _____

_____

33. Breaking dependency patterns requires us to _____

_____ that make us vulnerable to anger.

34. We can learn to initiate healthy behavior with a mind fixed on _____

_____.

35. A spiritually grounded life is not the result of a one-time decision but rather a daily commitment to yield to God's empowerment. What does the Apostle Paul say about this in the following Scriptures?

    a) _____

    _____(Romans 8:36a)

    b) _____(2 Cor. 15:31b)

36. The first steps toward balanced dependency is developing spiritual well-being but to make this trait a powerful reality a _____ is also required.

37. When we contemplate the meanings of our behavior, godly traits become purposeful rather than _____.

38. Contemplative thinking leads to this conclusion: _____

    _____

    _____

39. What did the Apostle Paul say in Acts 17:28a? _____

    _____

40. Knowing you can draw upon _____, you can choose not to let your anger be at the mercy of your environment.

41. What encouragement is offered in the following passages regarding spiritual strength?

    a) _____

    _____

    _____ (Psalms 27:14)

    b) _____

    _____(2 Cor. 12:9a)

4

Feeling Controlled Causes Anger

1. What is STEP 4 toward anger management? _____

   _____

2. A _____ environment is a major factor that creates anger.

3. _____ builds when you realize someone else is calling the shots and can do little to get back into the driver's seat.

4. No human was created to be controlled by another. Read Genesis 1:26-28 and list the things that man have been allowed to control.

   a) _____

   _____ (vs. 26b)

   b) _____ (vs. 26c)

   c) _____ (vs. 26d)

   d) _____(vs. 26e)

   e) _____(vs. 26f)

5. Read Galatians 3:26-29. In God's perfect plan all believers are equal and part of the body of Christ. There is no distinction between:

   a) _____ (vs. 28a)

   b) _____ (vs. 28b)

   c) _____ (vs. 28c)

6. As we mature we should learn the value of _____ and

   _____ within our families, marriages, friendships, workplaces, and churches.

7. What instructions are we given in the following Scriptures?

   a) _____(1 Cor. 12:25a)

b) _____(1 Cor. 12:25b)

8. When cooperation is replaced by _____ it causes us to feel controlled and that leads to anger.

9. Name some of the ways controlling behavior is displayed.

   a) _____

   b) _____

   c) _____

   d) _____

   e) _____

   f) _____

   g) _____

   h) _____

   i) _____

   j) _____

10. Through _____, you are protesting the fact that others place such little trust in you.

11. Is control always bad? _____ Yes _____ No Briefly explain your answer.

    _____

    _____

12. What are the three reasons people are too controlling?

    a) _____

    b) _____

    c) _____

13. What tends to happen when problems surface or emotions appear? _____

    _____

_____

_____

_____

14. When a person experiences an emotional laden circumstance, prompting some friendly advice from another person, why do they often feel controlled?

_____

_____

15. If this pattern is chronically repeated the person may feel _____ and

_____.

16. Read Matthew 22: 35-40. What was Jesus' familiar reply when He reminded His listeners that relating in love first with God, then with others, is the ultimate goal in life?

a) _____

_____

_____ (vs. 37-38)

b) _____

_____

_____(vs. 39-40)

17. Relating in love means personal, intimate matters take first _____.

18. What do the following Scriptures teach about love?

a) _____

_____

_____(1 Peter 4:8)

b) _____

_____

_____(1 Jn. 3:16)

19. Performance is not insignificant, but it is not the essence of who we are. What we _____, how we _____, what we _____, these elements are at the core of our identities.

20. While most people consider themselves open-minded enough to allow others to be different, to be unique, their lives do not reflect this _____.

21. In Ephesians 4:2 how are we commanded to act toward one another?

    a) _____

    b) _____

    c) _____

    d) _____

22. We enjoy new and unique experiences, but lasting composure comes when we are able to reduce our world into _____, _____ patterns.

23. Although we may not be consciously aware of it, we desperately want _____ and _____ issues to be predictable.

24. People who struggle with anger often complain that they are required to _____

    _____

    _____

25. Harmony among differences is part of God's ingenious design. He does not intend everyone and everything to be the same; instead we are to blend our uniqueness in complementary ways. What does the Apostle Paul say about this in Romans 12: 4-5?

    a) _____

    _____ (vs. 4)

    b) _____

    _____ (vs. 5)

26. How does the Apostle Paul state this biblical truth in Ephesians 4:16? _____

_____

_____

_____

_____

27. No apology is required when differentness is evident. Your only task is to be certain you are living in a way that is _____.

28. In 1 Thessalonians 5:14 what exhortation does the Apostle Paul make? _____

_____

_____

29. Controlling behavior also relates to a history of _____ rather than choice.

30. Why do we resent obligatory impositions? _____

_____

31. Controlling people believe if _____ are eliminated, then the chance for irresponsibility can be erased as well.

32. Another person's attempt to control us is an invitation to a _____ play, and we often accept that invitation by engaging in our own _____ tactics.

33. Using Romans 12:17-18 how would you instruct someone who was tempted to engage a controlling person?

a) _____

_____ (vs. 17)

b) _____

_____ (vs. 18)

34. What is the net result when you get hooked into emotional warfare? _____

_____

35. In Proverbs 15:1, how does Solomon instruct us to answer in an emotionally charged situation? _____

_____

36. Briefly explain this passage (Proverbs 15:1) in your own words. _____

_____

_____

_____

37. It is possible to be firmly assertive while still maintaining a reputation of gentleness. What do the following passages say?

a) _____

_____(Titus 1:13)

b) _____

_____

_____

_____(Gal.6:1)

38. What is happening when we resolve not to respond to a wrong with a wrong?

a) _____

b) _____

c) _____

39. To break the grip of another person's control and to refrain from becoming controlling ourselves, we can acknowledge God's _____

40. Read Genesis 2:16-17. As God explained the rules of the garden how did He declare our freedom in the first sentence He spoke to Adam? _____

_____

_____

_____

41. In His statement to Adam, God was explaining that each human is given freedom the _____.
42. God also explained that freedom is best balanced by a submission to His declaration of _____ and _____.
43. What choice does the psalmist declare in Psalms 119:30? _____

_____

44. When people are controlling what is taking place? _____

_____

45. As we seek victory over anger we would do well to follow this original principle:

_____

46. In freedom we choose to manage our anger by using one of two healthy choices:
    a) _____
    b) _____

5

Myths That Perpetuate Anger

1. What is STEP 5 toward anger management? _____

   _____

2. Define mythical thinking. _____

   _____

3. Usually our _____ contain an element of truth when myths are stretched to the extreme they lack logic and keep us from applying objective choices to our anger.

4. To manage anger successfully we must eliminate _____

   _____

5. In Ephesians 4:23 what does the Apostle Paul tell us to do? _____

   _____

6. List and briefly explain the six most common myths held by angry people.

   a) Myth 1 _____

      _____

      _____

      _____

   b) Myth 2 _____

      _____

      _____

      _____

   c) Myth 3 _____

      _____

d) Myth 4 _____

e) Myth 5 _____

f) Myth 6 _____

7. What were the Apostle Paul's words in Rom. 8:15, when he indicated that we do have the ability to thrive in spite of rejections? _____

8. In John 15:20 what were Jesus' words as He forewarned us of rejection? _____

_____

_____

9. Read John 16:31-33. As Jesus reflected on His own rejection what encouragement did He offer? _____

_____

_____

_____

10. Knowing God is all powerful, many assume it is His job to put an end to their pain and suffering right now. What does Psalms 119:71 say about this? _____

_____

11. When God chooses not to intervene immediately, the angry person begins agonizing over their problem. How did the Apostle Paul handle a similar situation in 2 Corinthians 12:7-10?

    a) _____

    _____

    _____(vs. 9b-c)

    b) _____

    _____

    _____

    _____(vs. 10)

12. Though God often choose not to intervene He does promise to give us strength. What encouragement do the following Psalms offer?

    a) _____

    _____(Ps. 37:39)

b) _____

_____

_____(Ps. 73:26)

c) _____

_____

_____ (Ps 138:3)

13. What decision does the psalmist make in Psalms 71:16a? _____

_____

14. To avoid getting bogged down in blaming God, you can refrain from all-or-nothing assumptions about His _____ and about _____.

15. What reminder does the Apostle Paul make in Romans 8:28? _____

_____

_____

16. Many angry people feel like victims because of wrongs they have endured and believe that all misdeeds should be properly punished. What does Deuteronomy 32:25 say about this? _____

_____

_____

17. Victimization causes angry people to conclude that forgiveness is _____

_____.

18. In Colossians 3:13 what does the Apostle Paul teach regarding forgiveness? _____

_____

_____

_____

19. You may eventually conclude, "I still dislike the wrongs I've suffered, but I _____

_____.

20. What encouragement does the Apostle Peter give in 1 Peter 4:19? _____

_____

_____

_____

21. Because we thrive on _____ _____, a life without anyone to share a burden can be almost devoid of purpose.

22. What command are we given in Isaiah 35:3? _____

_____

_____

23. Read Matthew 11:28-30 and record Jesus' comforting offer.

    a) _____

    _____(vs. 28)

    b) _____

    _____

    _____(vs. 29)

    c) _____

    _____(vs. 30)

24. Most angry people have nursed their deepest feelings of pain in private, but when they learn to be open about their needs and let others show concern, the anger _____

_____.

25. All of us are _____ for rising above our own anger-producing circumstances, even if others _____ to remain in their own problems.
26. In Romans 14:12 what does the Apostle Paul declare about responsibility? _____

    _____

    _____
27. We need not feel compelled to take responsibility for other's problems, nor do we have to be sojourners with them in their misery. What does Galatians 6:5 say about this? _____
28. Angry people can be so tied to their angry pattern they falsely conclude that _____

    _____
29. You can tell the most about people, not by the mistakes they make but by the

    _____
30. In Philippians 3:13-14 how does the Apostle Paul express his optimism about setting aside old wounds from his days of disruptive anger toward Christians?

    a) _____

    _____

    _____

    _____(vs. 13)

    b) _____

    _____(vs. 14)
31. By learning to challenge negative generalizations the angry person can replace the myths with _____.
32. What did Jesus declare in John 8:32? _____

    _____

33. According to Psalms 119 where do we find truth?

a) _____(vs. 142b)

b) _____(vs. 151b)

c) _____(vs. 160)

6

Self-Inflicted Anger

1. What is STEP 6 toward anger management? _____

   _____

2. When most people try to determine the reasons for their anger, they point to external pressures such as:

   a) My _____

   b) My _____

   c) My _____

   d) My _____

   e) My _____

3. A lot of anger is due to _____ wounds.

4. Some of us create our own anger by making _____ choices.

5. What words of wisdom does Solomon offer in Proverbs 5:22? _____

   _____

   _____

6. Using Romans 3:16 and 17 describe the person with self-inflicted anger

   a) _____(vs. 16)

   b) _____(vs. 17)

7. Most frustration is brought on yourself because you want to bend the rules to fit your _____ and in order to find stability you must make _____ in some of these habits.

8. In Proverbs 10:29 what does Solomon teach? _____

_____

_____

9. List some things that occur when a person sabotages his or her emotional stability.

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

10. When we remember that anger is linked to the preservation of personal worth, needs and convictions, it is safe to say frustrated people are searching for _____

_____

11. What affirmation do we find in the following Scriptures?

a) _____

_____(Galatians 3:26)

b) _____

_____

_____

_____(1 Jn. 3:2)

12. Christians searching for affirmation should find it with other believers. What does Proverbs 27:17 say about this? _____

_____

13. When that affirmation is found through wholesome fellowship, _____ is reduced.

14. What happens when people perpetuate their anger by compromising their morals to gain acceptance?

    a) _____

    b) _____

    _____

15. Explain why moral purity is more than a code of acceptable and unacceptable behavior.

    a) _____

    b) _____

    _____

16. Maintaining purity in sexuality represents a commitment to _____

    and _____.

17. Immorality gives people a sense of _____.

18. In 1 Thessalonians 4:3-4 what does the Apostle Paul declare as "the will of God"?

    a) _____

    _____ (vs. 3)

    b) _____

    _____ (vs. 4)

19. Moral purity can feel very rewarding as you enjoy the clean _____ it produces.

20. What does the author of Hebrews encourage us to do in Hebrews 10:22? _____

    _____

    _____

    _____

21. Since creation work has been an integral part of human existence. What does Genesis

    2:15 say about this? _____

_____

22. Work is necessary for personal _____; however it is not life's ultimate aim.

23. Using 1 Peter 4:2, what should be the aim of every Christian? _____

_____

_____

24. When people are consumed by work and busyness, they typically describe themselves as _____.

25. To remedy the frustrations created by excessive _____, we need not go to the other extreme of excessive _____.

26. Read Ecclesiastes 3:1-8. According to Solomon, " … there is a season, a time for every purpose under heaven."

    a) A time to _____

    b) A time to _____

    c) A time to _____

    d) A time to _____

    e) A time to _____

    f) A time to _____

    g) A time to _____

    h) A time to _____

    i) A time to _____

    j) A time to _____

    k) A time to _____

    l) A time to _____

    m) A time to _____

n) A time to _____

o) A time to _____

p) A time to _____

q) A time to _____

r) A time to _____

s) A time to _____

t) A time to _____

u) A time to _____

v) A time to _____

w) A time to _____

x) A time to _____

y) A time to _____

z) A time to _____

aa) A time to _____

bb) A time to _____

27. _____ can be achieved as relationships are nurtured and limits are enforced regarding activities.

28. List some poor health habits related to self-inflicted anger.

a) _____

b) _____

c) _____

d) _____

e) _____

29. Each of these habits contributes to _____ or _____ and reduces the quality of life.

30. In 1 Corinthians 6:19-20, what does the Apostle Paul declare to the Corinthians who had many self-destructive habits?

    a) _____

    _____

    _____

    _____ (vs. 19)

    b) _____

    _____

    _____ (vs. 20)

31. People seeking to manage anger properly will correctly conclude that physical health is not an isolated factor, but a powerful component of _____.

32. Many people have over emphasized material gain. What words of wisdom does Solomon offer in Ecclesiastes 5:15? _____

    _____

    _____

    _____

33. What does the Apostle Paul teach in 1 Tim. 6:8? _____

    _____

34. If you can afford life's pleasures it is certainly okay to enjoy them; however, you must draw the line when _____

    _____

35. Emotional composure is derived from intangible elements which cannot be bought, such as:

    a) _____

    b) _____

c) _____

d) _____

36. When we anchor our emotions to the false security of materialism, we make ourselves vulnerable to _____ forms of anger.

37. The most common type of anger associated with material emphasis is _____.

38. Describe this type of anger. _____

_____

39. In Proverbs 14:30b, how does Solomon describe envy? _____

_____

40. What does the Apostle Paul instruct us to do in Gal. 5:26? _____

_____

_____

41. Two things can happen in the race for materialism:

a) _____

b) _____

42. In Philippians 4:11, what has the Apostle Paul learned? _____

_____

43. Successful _____ involves standing firmly for personal needs.

44. When _____ and _____ are best kept in proper perspective you will have decreased anger.

45. How is substances abuse an act of self-inflicted anger? _____

_____

_____

_____

46. Read Ephesians 3:20. What does the Apostle Paul say about God's ability to meet all of a person's needs? _____

_____

_____

47. Substance abuse can be a way of hiding anger behind a _____ mask.

48. An alternative to substance abuse is open, constructive _____ about personal needs.

49. Rather than hiding from the grind of exploring emotions, you can commit yourself to ongoing _____.

50. What words of encouragement does David offer in the following Psalms.

    a) _____

    _____(Ps. 37:4)

    b) _____

    _____(Ps. 37. 5)

51. Anger management is ultimately linked to spiritual stability but when spiritual vitality is absent it is linked more than ever to _____ and _____.

52. Using the following Scriptures explain how a person can maintain spiritual stability.

    a) 1 Cor. 15:58: _____

    _____

    _____

    b) Col. 2:6: _____

    _____

c) Col. 2:7: _____

_____

_____

53. Developing your spiritual life involves:

a) _____

_____

_____

b) _____

_____

c) _____

_____

_____

54. What doe these correlating Scriptures say concerning the steps listed above which are necessary to develop a spiritual life.

a) _____

_____

_____ (John 6:35)

b) _____

_____

_____(2 Tim. 2:15)

c) _____

_____

_____

_____(Hebrews 10:25)

7

How Pride Influences Anger

1. What is STEP 7 toward anger management? _____

   _____.

2. Define Pride: _____

3. Self-preoccupation in adults becomes pride that maintains a foothold in our _____.

4. Pride is at the core of virtually any unhealthy non-productive _____ or _____ and plays a very influential role in problems with anger.

5. Read Proverbs 6:16-19. What is the first thing listed that God hates? _____

6. From Proverbs 8:13 name the four things that God hates.

   a) _____

   b) _____

   c) _____

   d) _____

7. What words of wisdom does Solomon offer in Proverbs 16: 18-19?

   a) _____

   _____ (vs. 18)

   b) _____

   _____ (vs. 19)

8. Pride is a spiritual _____that is a manifestation of our innate sinful nature.

9. Read Genesis 3:1-7. Explain in your own words how pride played a role in Adam's actions. _____

_____

_____

_____

_____

10. Once Adam succumbed to self-preoccupied thinking it became an integral part of his personality and was embedded in successive generations. What does Roman 5:12 say about this? _____

_____

_____

11. No amount of psychotherapy can completely rid us of pride, no more than we can totally eliminate a problem such as _____ or poor _____.
12. In Romans 7:15 what were the Apostle Paul's words when he confessed his prideful tendencies? _____

_____

13. While anger is not the only way pride is revealed, you can get a good idea of how strong your pride is by recognizing how anger reflects _____
14. By saying your anger is a manifestation of your sinfulness, we can conclude that your anger can be managed only as you come to _____
15. What does 1 John 1:9 declare? _____

_____

_____

_____

16. Because pride is so closely linked to our sinful spiritual condition, its resolution hinges on finding a healthier spiritual alternative. What alternatives does Jesus teach in John 16:24? _____

_____

_____

17. What happens when we set aside our preoccupation with our own personal needs?

_____

18. In Psalms 119:165 what does the psalmist write about God's peace? _____

_____

_____

_____

19. How does Jesus speak of this peace in John 14:27? _____

_____

_____

_____

20. The trait that keeps us in submission to God is _____

21. Define humility. _____

_____

_____

22. Using Philippians 2:6-8, explain how Christ demonstrated the lack of self-preoccupation.

a) _____

_____ (vs. 6)

b) _____

_____

_____ (vs. 7)

c) _____

_____

_____ (vs. 8)

23. A crucial biblical instruction for successful relating is to consider others more important than yourself. What does Philippians 2:3 say about this? _____

_____

_____

24. We are so naturally selfish we must consciously tune in to others by:

a) _____

b) _____

_____

25. What instructions does the Apostle Paul give in Philippians 2:4? _____

_____

_____

26. To establish patterns of successful assertiveness, _____ must be recognized.

27. Name two steps you can take toward recognizing boundaries?

a) First: _____

b) Second: _____

28. Read Romans 14:1-5. Using the Apostle Paul's words explain how to recognize boundaries.

a) _____

_____

_____

_____ (vs. 3)

b) _____

_____

_____ (vs. 5)

29. Describe the prideful person as they struggle to maintain balance in such boundaries.

a) _____

_____

_____

b) _____

c) _____

_____

d) _____

30. How does the inability to accept limits create anger? _____

_____

_____

_____

31. Anger management requires us to willingly recognize our personal limits and as we build a foundation of stability, we accept _____ and _____.

32. In Romans 14:1 what action does the Apostle Paul instruct us to take toward anger management? _____

_____

33. Does humility require repressing emotions? _____

    _____

    _____

34. True humility does not require any false manipulation of emotions because it is not an obligation or a duty but a _____.

35. Your commitment to humility needs to be _____ and your effort will be life long.

8

Fear's Effect On Anger

1. What is STEP 8 towards anger managements? _____

   _____

2. Fear implies _____, _____ and _____.

3. The stage for many dysfunctional _____ and

   _____ is set by fear.

4. Most of us identify fear in overly weak characteristics such as _____

   or _____ or _____.

5. Fear is not one-dimensional. It can be expressed by :

   a) _____

   b) _____

   c) _____

   d) _____

6. The inner insecurity caused by fear inhibits us from living in the healthy ways we know we should. What does the Apostle Paul say about this in 2 Timothy 1:7?

   _____

   _____

   _____

7. How is fear revealed in cover ups and phoniness? _____

   _____

   _____

   _____

8. The most reliable way to identify fear is by: _____

9. Defensiveness includes any _____, intended to shield ourselves from perceived threats.

10. Is it normal to have some defenses? _____ Yes _____ No Explain your answer.

    _____

    _____

11. In John 16:33 what did Jesus say about the inevitability of threatening situations?

    _____

12. Name three distinct categories of defense, which occur most commonly in personal relations.

    a) _____

    b) _____

    c) _____

13. Define denial. _____

    _____

14. Why is denial in most cases subconscious? _____

    _____

    _____

15. The inherent fear in denial is that our _____ or _____ might be discovered and held against us.

16. Read Mark 14:27-31 and in your own words explain how this biblical story illustrates denial. _____

    _____

    _____

    _____

17. Define evasiveness. _____

18. When we act evasively we are specifically choosing to avoid the responsibility of meeting problems head on because we assume that open _____ or _____ would be uncomfortable.

19. Read 2 Samuel, Chapter 11, and in your own words explain how this biblical story illustrates evasiveness. _____

_____

_____

_____

20. Evasiveness is also a mark of personal _____ and lack of _____ in others.

21. Define reversal. _____

_____

_____

22. When we use the reversal techniques we assume others are out to get us, so we become _____

23. Read Genesis 3:11-13 and in your own words explain how this biblical story illustrates reversal. _____

_____

_____

_____

24. Growing relationships need _____ and _____; that means we sometimes need to address flaws.

25. What does James 5:16 say about this?

    a) _____(vs. 16a)

b) _____(vs. 16b)

c) _____(vs. 16c)

26. The opposite of fearful defense is open _____

27. Define authenticity. _____

_____

_____

28. In 2 Corinthians 3:2-3 what does the Apostle Paul state regarding the Corinthians authenticity?

a) _____

_____ (vs. 2)

b) _____

_____

_____

_____ (vs. 3)

29. Being authentic does not require us to deny fears but that we erect

_____ and have little to _____

30. To be authentic we must like _____, who we are.

31. There are three reasons we struggle with fear.

a) _____

b) _____

c) _____

32. From the beginning, God ordained human relationships to be a haven and that each relationship functions to convey honor and respect to those involve. What are God's

words concerning this biblical truth? _____

_____

_____(Genesis 2:24)

33. In Romans 14:19 what instructions are given by the Apostle Paul regarding our relationships with others? _____

_____

_____

34. In relationships, God's purpose is to underscore human _____
35. What happens when we over interpret rejections?
    a) _____

    _____

    b) _____

    _____
36. An ideal relationship creates security and is built upon _____, _____, and _____.
37. _____ exists because of the unknowns is other person's personalities.
38. If you can accept the idea that a person can have less than the highest motives in relating with you, you'll not be shocked when a _____ occurs.
39. In Job 19:14 what were Job's words as he accepted the reality of his disappointments?

    _____

    _____
40. What decision does the psalmist make in Psalms 71:1? _____

    _____
41. When we stop trying to control other's "behind-the-scenes" feelings, we react less and are thus freed to initiate our own healthy _____.

42. In Psalms 119:133 what were the psalmist's words of commitment to a healthy response pattern? _____

_____

_____

43. In Psalms 56:4 how does the psalmist express his trust in God? _____

_____

_____

44. When our emotions hinge on opinions of humans, we are fearful because we can never be sure when we might be _____ or _____ or _____.

45. How does a human-based image differ from a God-based self-image?

a) _____

_____

b) _____

_____

46. In the following Scriptures, what declarations are made which promote a God based self-image?

a) _____

_____

_____ (Rom 8:1)

b) _____

_____

_____

_____ (2 Cor. 5:19)

47. With a _____ self-image we can live confidently in the knowledge that He can guide us through all relational or circumstantial pitfalls.

48. Drawing upon God's _____ requires a God-focus rather than a human-focus.

49. What commitment does the psalmist teach in Psalms 91:2? _____

    _____

    _____

50. Discuss some ways a person can be more trusting in God?

    a) _____

    _____

    b) _____

    _____

    c) _____

    _____

    d) _____

    _____

    _____

9

Loneliness Creates Anger

1. What is STEP 9 toward anger management? _____

   _____

2. From the beginning of time God intended for us to maintain close ties with family and friends. What does God state in Genesis 2:18a? _____

   _____

3. Why does loneliness make us so vulnerable to anger? _____

   _____

   _____

4. Define loneliness. _____

   _____

   _____

5. How does loneliness begin? _____

   _____

   _____

6. Give three reasons why we feel lonely.

   a) _____

   b) _____

   c) _____

7. In modern psychology it is fashionable to say we feel lonely because of frustrated _____ or painful _____ or poor _____ _____.
8. Ultimately, we feel lonely because sin causes us to be _____ from God and thus inhibited from fully knowing and experiencing contentment.
9. The origin of loneliness is found in Genesis 3. Using this biblical illustration describe in your own words the emotional repercussions of that fall. _____ _____ _____ _____(vs. 8-13)
10. What are we stating by linking loneliness to our sinful nature? _____ _____
11. Using Colossians1:21, how does the Apostle Paul illustrate the loneliness created by our sinful nature? _____ _____ _____
12. How is God's remedy for such loneliness described by the Apostle Paul in Colossians 1:20? _____ _____ _____ _____ _____
13. While loneliness can partially be explained by our sinful nature, it can also be blamed, in part, on _____.

14. How are relationships neglected? _____

    _____

    _____

    _____

15. We can also be _____ about expending the energy necessary to maintain satisfactory ties with others.

16. What words of wisdom does Solomon offer in Proverbs 18:24? _____

    _____

    _____

17. Read Luke 18:18-23. Explain in your own words how Jesus testified that our foremost goal is to relate first to God, then with others. _____

    _____

    _____

    _____

    _____

18. What happens when we give relationships a higher priority? _____

    _____

    _____

19. Loneliness-based anger often arises because we do not state our _____ successfully.

20. A careful examination often shows we expect others to _____ what we want.

21. Give two detrimental communication patterns.

    a) _____

b) _____

_____

22. What advice does Solomon offer in the following passages?

a) Prov. 10:19: _____

_____

b) Prov. 17:27: _____

_____

23. What happens when you try too hard to persuade others that your needs are legitimate? _____

_____

_____

_____

24. How does a person communicate a legitimate need? _____

_____

_____

10

Anger Reflects Inferiority Feelings

1. What is STEP 10 toward anger management? _____

   _____

2. The way you manage your emotion is a commentary on your _____

   _____ and when your anger is out of bounds it hints at a shaky

   _____.

3. In its best uses, anger elevates you from a _____ position to one of

   _____ with the person who is being disrespectful.

4. Why do we all have to contend with feelings of inferiority at times? _____

   _____

   _____

5. What does the prophet Isaiah say about this in Isaiah 64:6a? _____

   _____

   _____

6. Our propensity toward sin creates feelings of uneasiness and gives us a natural tendency to _____.

7. In the following Scriptures what message of hope does the Apostle Paul offer?

   a) Rom. 3:24: _____

      _____

      _____

   b) 1 Cor. 6:11: _____

      _____

_____

_____

8. In moderating your anger it can be helpful to be aware of two common traps:

   a) _____

   b) _____

9. Read 1 Corinthians 12:12-31. The Apostle Paul teaches that every believer has a vital role assigned by God Himself; therefore we should neither boast nor think too little of ourselves. Briefly explain how we are instructed to act toward one another.

   _____

   _____

   _____

10. In what ways do people express anger from feelings of inferiority?

    a) _____

    b) _____

    _____

11. Using Psalms 139:14 what words of encouragement can be offered to those suffering from feelings of inferiority?_____

    _____

    _____

    _____

12. For those who are cynical, what words of instruction are found in Psalms 19:14?

    _____

    _____

    _____

13. What is the most common escape sought by those experiencing feelings of inferiority? _____

    _____

14. Give some examples of people seeking a superiority edge.

    a) _____

    _____

    b) _____

    _____

    c) _____

    _____

    d) _____

    _____

15. The roots to our attempts to be superior are in our childhood tendency toward

    _____

16. Explain how trying to establish superiority is like riding a never-ending see saw.

    _____

    _____

    _____

17. The competitive adversarial edge in a person's relationships perpetuates ongoing

    _____.

18. To avoid the inferior-superior trap, we must acknowledge that we are all equal in

    _____.

19. In John 3:16 what statement does Jesus make that indicates equality in human value?

    _____

    _____

    _____

    _____

20. It is folly to try to compare our human values because we don't have the same

    _____.

21. We tend to base our judgments on very superficial criteria when essentially we are the same; equal in both our _____ and in our

    _____.

22. The Apostle Peter struggled with the assumption that he, a Jew, was superior to Cornelius, a Roman. God finally showed him that He loved them both. What was Peter's conclusion? _____

    _____ (Acts 10:34)

23. The key to managing our anger differently is to recognize our _____ with one another.

24. In Colossians 3:11 what names did the Apostle Paul mention when he taught equal acceptance of all groups into God's family?

    a) _____

    b) _____

    c) _____

    d) _____

    e) _____

    f) _____

    g) _____

h) _____

25. The key to healthy anger is to communicate it with _____.
26. In Proverbs 15:23 what words of wisdom does Solomon offer regarding the way we communicate with others? _____

_____

_____

27. Name some areas in which humans are obsessed with evaluative standings.

a) _____

b) _____

c) _____

d) _____

28. A strong emphasis on evaluation coupled with the inevitable inability to be perfect leads head-on to _____ and _____.
29. In 2 Corinthians 10:12 what were the Apostle Paul's words to the Corinthians regarding evaluations? _____

_____

_____

30. Humans are poor _____ of real characters and that is why we are instructed by God to stay out of the _____.
31. What did Jesus teach regarding judgment?

a) _____

_____(Luke 6:37a)

b) _____

_____(Luke 6:37b)

32. Every judgment that we make becomes the basis for our judgment. What does Jesus say about this in Matthew 7:2? _____

_____

_____

_____

33. Sidestepping human evaluations keeps us from being _____ and _____.

34. Rather than getting lured into false games of superiority we are more capable of seeing people for what they are: _____

_____.

35. What reminder did the Apostle Paul declare to the saints at Ephesus?

a) _____

_____(Eph.2:1)

b) _____

_____(Eph.2:8)

11

Managing A Child's Anger

1. What is STEP 11 toward anger management?_____

   _____

2. Most parents were not properly guided in using anger during their own childhoods and their accumulated bad habits are then passed along to the next generation. What does Scripture say about this? _____

   _____

   _____(Ex. 34:7d)

3. Perhaps the greatest error parents make is letting the child set the _____

   _____

   _____

4. Describe a reactor mentality. _____

   _____

   _____

5. What are the six keys to handling your child's anger?

   a) _____

   b) _____

   c) _____

   d) _____

   e) _____

   f) _____

6. What might be an indication that you are threatened by your child's anger? _____

_____

_____

7. Read Proverbs 25:15 and in your own words explain what Solomon was teaching.

_____

_____

_____

8. When defensiveness is exhibited by a parent the child subconsciously reacts with

_____.

9. Why is it normal for children to react negatively to authority? _____

_____

_____

_____

10. How are we instructed to raise our children in Proverbs 22:6? _____

_____

_____

_____

11. Parents who are easily threatened by a child's anger respond in several common ways. Name them.

a) _____

_____

b) _____

_____

c) _____

_____

d) _____

_____

e) _____

_____

f) _____

_____

12. What promise is made in Proverbs 29:17? _____

_____

_____

13. When you lose shock over a child's anger, the result is increased _____ and the ability to relate with _____ and _____.

14. How do parents often exhibit impatience while communicating important lessons to their child?

a) _____

b) _____

c) _____

15. How do these acts of impatience affect the child? _____

_____

_____

16. In Colossians 3:21 what does the Apostle Paul teach regarding our children? _____

_____

_____

_____

17. It is not the instruction itself that the child is angry about, it is the fact that the adult is not letting the child have _____
18. Children need to feel _____ to manage their own anger.
19. How would using choices and consequences benefit the child? _____

    _____

    _____

    _____
20. To teach our children to handle their anger correctly we must model healthy _____.
21. Adults are more effective in helping children handle their anger when they give a _____ performance in the _____ role.
22. What questions could you ask yourself to determine if you lean too heavily on an authoritative style?

    a) _____

    b) _____

    c) _____

    _____

    d) _____

    _____
23. Our greatest impact on people is not in the words we speak but in the way we deliver those words. In Ecclesiastes 12:11 how does Solomon describe the effects that our words should have?

    a) _____(vs. 11a)

b) _____

_____ (vs. 11b)

c) _____(vs. 11c)

24. When we speak too strongly it implies:

a) _____

b) _____

c) _____

25. What happens when a parent makes the mistake of giving too much attention to minor problems of the child? _____

_____

26. Explain why the over emphasis on trivia represents a shallow understanding of the purpose of relationships. _____

_____

_____

_____

_____

27. When we focus too heavily on minor issues we teach children to be _____ _____ in their anger and when we let minor issues remain minor, the emotions are _____.

28. Children need _____ and _____ with their parents if they are to develop emotional composure.

29. When you can freely discuss your emotions with your children you will become more _____ and thus more _____.

30. Parents who refuse to be vulnerable with their children create an atmosphere of _____ and false _____ and the children resent it.
31. Anger management is ultimately a function of _____
32. Spiritual insights are necessary for each child who _____ _____.
33. The process of teaching spiritual insights to a child is not complex, but it requires great _____.
34. What instructions regarding our children does the Apostle Paul teach in Ephesians 6:4? _____ _____ _____
35. Truths about _____ or _____ or _____ confronting can be woven into everyday communication as common circumstances arise.
36. The parent's goal is not to force spiritual perfection but to keep _____ thinking alive.
37. By encouraging _____ about biblical truths their beliefs are less legalistic and more personally meaningful.
38. What words of wisdom does Solomon offer in Proverbs 29:15? _____ _____ _____

12

Why Anger Lingers

1. What is STEP 12 toward anger management? _____

   _____

2. When we cling to anger in spite of potentially helpful knowledge and insights, it is due to an intricate system of _____
3. Change requires persistent _____ and a stubborn _____ to structure the thoughts and perceptions that guide us.
4. Most rationalizations are seductive because they contain an element of _____.
5. You can determine if you are rationalizing your anger by asking the following questions:

   a) _____

   _____

   b) _____

   _____

   c) _____

   _____

   d) _____

   _____

   e) _____

   _____

f) _____

_____

6. To effectively manage your anger, you will need to set aside your rationalizations and decide to thrive with God's _____
7. Read Isaiah 28:23-29. What conclusion does the prophet Isaiah come to regarding the guidance of God? _____

_____

_____(vs. 29)

8. What promise does God make to David in Psalms 32:8? _____

_____

_____

9. List the most common excuses that keep people tied to unhealthy anger.

a) _____

b) _____

c) _____

d) _____

10. We all are influenced by our _____
11. Each of us has a God-given reactor mode that causes us to be highly attuned to the atmosphere around us. For instance:

a) _____

_____

_____

b) _____

_____

12. Read Psalms 55. How does David express his feelings over the actions of his friends?

    _____

    _____

    _____(vs. 4)

13. Longstanding anger problems are often the result of an emotional history full of _____.

14. To get beyond a painful past we must humbly acknowledge our inability to _____ others.

15. What were David's words once he concluded to move beyond the pain of his situation? _____

    _____

    _____

    _____ (Psalms 55:22)

16. There are times that all the textbook efforts to openly respond to frustrations fall short; so rather than clinging to empty efforts we can _____

17. List some benefits from the choice to forgive.

    a) _____

    _____

    _____

    b) _____

    _____

    c) _____

    _____

d) _____

_____

e) _____

f) _____

18. In Matthew 6:14, during Christ's Sermon on the Mount, what did He say regarding forgiveness? _____

_____

_____

19. Our burdens are lightened when we realize that when humans fail us, we can find reinforcement in a God who respects our _____

_____

20. Anger reduction is much easier when everyone involved makes equal effort toward

_____

21. In Hebrews 12:14 what does the author teach? _____

_____

_____

22. Just as we can become hooked on alcohol or food or materialism, we can become hooked on _____

23. What did the Apostle Peter declare about becoming "hooked"? _____

_____

_____

_____ (2 Peter 2:19b)

24. It is possible to reduce your tendency toward anger through _____ and _____.

25. In Psalms 2:3 what challenge does the psalmist make? _____

_____

_____

_____

13

Being Accountable

1. What is STEP 13 toward anger management? _____

   _____

2. Name three important elements to anger-management efforts.

   a) _____

   b) _____

   c) _____

   _____

3. New insights and awareness mean little until they prompt you to make significant adjustments in your _____.

4. What admonition does the Apostle Peter make in 1 Peter 1:16? _____

   _____

   _____

5. According to the Apostle Peter how may we make adjustments to our lifestyle?

   _____

   _____

   _____

   _____(1 Peter 2:21)

6. An _____ mind should result in changed patterns of living.

7. In 2 Corinthians 5:17 what does the Apostle Paul declare? _____

   _____

_____

_____

8. You can make several adjustments in your behavior to confirm that you have succeeded in managing your anger:

   a) _____

   b) _____

   c) _____

   d) _____

9. Misused anger creates an emotional atmosphere of _____,

   _____, _____.

10. What happens when anger is properly asserted or responsibly dropped? _____

    _____

    _____

    _____

11. The highest aim in living is to know how to connect voluntarily with others in

    _____.

12. In 1 John 4:7 what does the Apostle John state regarding love? _____

    _____

    _____

13. An inevitable by–product of misguided anger is damaged _____

    _____.

14. To truly find balance we must be willing to make amends with those who have been

    hurt by our past _____ and _____.

15. Name four steps toward making amends.

    a) _____

    _____

    b) _____

    _____

    c) _____

    _____

    d) _____

    _____

16. Read Luke 19:1-10. In your own words briefly explain the measures that Zacchaeus took to make amends. _____

    _____

    _____

    _____

    _____

17. Some angry people would like to make amends but they find it impossible because of the other person's _____

18. What steps can you take to have a healing heart, even if the communication cannot go full circle?

    a) _____

    _____

    b) _____

    _____

19. Read Psalms 51. What did King David ask God as he sought healing from a similar situation?

    a) _____

    _____ (vs. 2)

    b) _____

    _____ (vs. 10)

20. After expressing his feelings what commitment did David make? _____

    _____

    _____(vs. 13)

21. While there are no guarantees that we can tie down all loose ends involving anger, we can proceed with a clean future when we are willing to take the lead in our commitments to _____

22. In Psalms 30:3 what does King David proclaim? _____

    _____

    _____

23. Ongoing anger inhibits positive traits so you can deliberately set out to establish a reputation as someone who is _____ rather than full of _____.

24. Using Hebrews 12:12-13 explain how you can establish a new positive reputation.

    a) _____

    _____ (vs. 12)

    b) _____

    _____

    _____ (vs. 13)

25. Take the guessing game out of your relationships and allow others to _____

_____.

26. When you confess your anger to a trusted friend, two things can occur:

a) _____

_____

_____

b) _____

_____

_____

27. As we share our needs and plans we create the very atmosphere of _____ and _____ that will prompt ongoing emotional healthiness.