

ANGER MANAGEMENT...PART II

INTRODUCTION

This is part II of anger management. Here we discuss more tools to handle anger in our lives.

Tool #4 – Development of constructive personalized interventions to diffuse anger

10. We must get into the habit of diffusing our anger. Discuss constructive responses/ outcomes for the following events. Remember, prayer should always be the first constructive response.

Event	Constructive Response/ Outcome
F on an exam	Review exam & ask for help/ Grades improve
An awful rumor	
A disloyal friend	
Didn't make the team	
The house is not clean	
A flat tire	
A car almost hits yours	
A relationship is lost	

Tool #5 – Before you react to adverse circumstances, respond by implementing an intervention(s) to diffuse your anger

11. What does this scripture say about anger? **Psalm 37:8**
12. The Lord trades anger for what? **Psalm 103:8**
13. What does God want us to do with anger? **Colossians 3:8**
14. Who is anger for? **Ecclesiastes 7:9**

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Rewrite the following stories

15. What constructive response and outcome could have occurred if Cain would have diffused his anger?
16. What constructive response and outcome could have occurred if Peter would have diffused his anger?
17. What constructive response and outcome could have occurred if Jacob would have diffused his anger against Rachel?

CONCLUSION

Anger is volatile and making decisions due to anger can have long-term consequences. Diffusing anger as soon as possible or even getting rid of it altogether allows for a more peaceful lifestyle. Anger not only causes destructive responses and outcomes, it also causes psychological and physical damages. We should take a lesson from God. The Word of God tells us that He is slow to anger and gives mercy. We know from experience how much mercy God daily bestows on each of us. If God became angry every time we disobeyed Him and His word, He wouldn't have time to do anything else. We can't stop adverse events from occurring but we can teach ourselves how to constructively respond to them.