



# Understanding our Anger

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Purpose: Better understand how you handle anger.

1. Do you feel like people are always in the way of your trying to accomplish something?	Not at all 1	3	5	Always 7
2. Do you often take criticisms personally?	Every day 1	3	5	Not usually 7
3. When you are angered, how long do you tend to remember that event?	Not at all 1	3	5	Always 7
4. When you are angered, do you usually seek to resolve the conflict in a godly way?	Not at all 1	3	5	Always 7
5. How often do you actually realize that you're angry?	Not at all 1	3	5	Always 7

## Worksheet

Think of the most recent time you became angry with someone or something. Recall that incident and go through the following questions.

1. What were you angry about?
2. What kind of hurtful words or deeds did you hurl (or want to hurl) at the object of your anger?
3. What were you trying to accomplish with these words or deeds?
4. What were you trying to protect? (i.e. the object of your love)
5. When you tried to use your words and deeds to protect what you love, what promises of God did you forget?
6. How does the gospel truth "Those who wants to save his life will lose it, but whoever loses his life for Jesus' sake will find it" apply in that incident?
7. How does Jesus' sacrifice on the cross give you confidence that you can lose your life for Jesus and still be okay (more than just okay)?
8. In what ways can you practice your faith so that next time when you encounter a similar situation you would deal with it with more grace and patience?