

Evaluating My Beliefs On Anger

1. What does God think about anger?

2. What do I think about anger?

3. In the past, what were my beliefs on anger?

4. Do I like the way I express my anger; if not how would I change that?

5. When I act inappropriately regarding my anger, what are the actions that take place?

6. Has My anger ever hurt anyone, and if so, how do I feel when it does?

7. Are there feelings I'm hiding under my anger? What are they?

8. How can I be sensitive to myself, accepting my humanness and my potential to make mistakes the way God would accept me?