

Materials for this Lesson

Answer These

What do you see in your cycle of anger?

How honest are you about your anger and the impact it has on others?

What are some of those impacts?

What is one relationship that has been harmed by your anger?

In what areas and how, is anger costing you something right now?

Where are you minimizing the negative effects of your anger?

Remember This

Our Anger has a cost in our lives and relationships.

We tend to ignore or be blind to these costs but they are always working in our lives.

Anger can create a vicious cycle in our lives that brings greater and greater negatives.

Anger tends to be built on half-truths rather than full truth. These half-truths are the lies that hide within our anger.