

Dealing with Anger

The Better Question

Is not “Why are you angry?” but “What is hurting you? Tell me how you’ve been hurt.”

Power of Pain

No one wants to hurt – especially to be hurt by someone we love

When we hurt, we may self-medicate Repetitive self-medication often becomes addiction. Addictions aren’t the fault of anyone but ourselves. To overcome addictions, we must face our pain and find true healing

1. What pain do you feel in terms of loss?

2. What pain do you feel in terms of violation of expectations?

3. What pain do you feel in terms of violation of trust?

For your own well-being, what do you think may be the best way for you to deal with your anger?