

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?

- explore the injustice you experienced,
- assess the amount of your anger,
- understand any ways in which harboring your anger may be causing your more pain or harm.

1 2 3 4 5 6 7
Not at all Mixed Completely

YES NO I accept this as a part of life and no longer feel sorry for myself.

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