

The **First** question is ... *What is happening?*

**Second** set of questions ... *What are my thoughts about what is happening? Am I interpreting what is happening or not happening through a biblical grid or am I leaning to my own understanding? Am I bringing every thought into captivity and making myself think the way God would have me think?*

"I deserve much more than I am getting."

"If she had only listened to me."

"I told her what I wanted and she's not cooperating. She is so selfish."

"That person totally misrepresented what I said or did."

"After all I've done, this is what I get."

"No matter what I do, it's just not good enough."

"That person is never satisfied."

"No one ever pays any attention to me."

"No one cares what happens to me."

"People are always taking advantage of me."

"I'm always the one who has to give in or do the dirty work."

**Third** set of questions ... *What do I want that I'm not getting or what am I getting that I don't want? What compelling desires of mine are driving me, ruling me, demanding to be fulfilled? What compelling desires of mine are being thwarted? Am I being motivated by the love of God or the love of self? Am I being controlled by a desire to please and glorify God or a desire to please and glorify self? What desires of mine have become demands? What wants of mine have become must have, can't live without desires?*

"I must have respect and recognition."

"I must have a life that is free from pain and difficulty."

"I must have people do what I want them to."

"I must be safe and secure."

"I deserve to have a life that is free from criticism or opposition."

"I must have people agree with me or else I am a failure."

**Fourth** question ... *Right now, what am I being tempted to do?*

"I am tempted to lash out, to yell, to withdraw, to give someone a piece of my mind."

"I am tempted to pout and sulk."

"I am tempted to run away or quit."

"I am tempted to brood and fret and nurse my wounds."

"I am tempted to be irritable and let someone know I'm annoyed."

"I am tempted to be malicious and hurt someone."

"I am tempted to eat, buy things, take drugs or turn to alcohol."

"I am tempted to be stubborn and uncooperative."

"I am tempted to punish and dominate someone who is standing in my way or who is not agreeing with me or not cooperating."

"I am tempted to get revenge, or retaliate."

"I am tempted to be pushy and overbearing. I'm tempted to be bitter and hold a grudge."

**Fifth** set of questions ... *How do my thoughts and intentions and potential response to the circumstances I'm confronting line up with Scripture? What would be the biblical, God-honoring response to this situation? How would God want me to think about and respond to this situation? What would be a Scriptural godly, Christlike way of responding to what is occurring?*

**Sixth** set of questions ... *What will I choose to do at this time? Will I choose to obey God or self? Will I do God's will and please Him or will I do my will and please myself?*

Now, the concluding question is, what will I do with the information I have been given today?

*Anger & Stress Management God's Way* by Wayne Mack

Review

Chapter 4

Evaluate

Ask for God's forgiveness

Ask for God's enablement!

