

Steps to Anger Resolution

1. Accept personal responsibility for anger and its symptoms. (Eph. 4:22–32)
2. See your anger through your victim's eyes.
3. See anger as an alarm for unresolved guilt or tension.
4. Act quickly to correct past offenses. (Bless and curse not...)
5. Acknowledge learned behavior from parents. (Ex. 20:5,6; Neh. 1:5–11)
6. Regain the ground through biblical patterns. (Eph 6:12; Rev. 12:11)
7. Fully forgive all offenders. (Mt. 18:21–35)
8. Learn to see God's plan in all events, including tragedies.
9. Exchange your personal rights to God's control.
10. Establish daily accountability. (2Cor. 5:10)
 "We do not get what we expect, just what we inspect!"

Character Qualities Required to Resolve Anger

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| 1. Patience | 4. Kindness |
| 2. Long-suffering | 5. Gentleness |
| 3. Mercy | 6. Forgiveness |