

Worksheet: Overcoming Situational Anger

Man's anger does not bring about the righteous life that God desires.

—James 1:20

Current situation I am angry about: _____

What specific angry thoughts am I having? _____

Which of the options listed here best describes the source of my angry thoughts?

- Low self-esteem (insecurity)
- Judging or branding another person (making assumptions about their thoughts and feelings and character)
- Mind reading (assuming I know what the other person is thinking about me)
- Exaggerating (blowing this problem out of proportion; thinking in extreme ways)
- Entitlement (thinking I should be treated differently or I deserve/don't deserve to receive something or be treated in a certain way)

What character issues and weaknesses are being revealed by my anger?

What righteous thoughts can reframe or replace my angry thoughts?

What scriptures can help me to put this situation into a more godly perspective?

To download this worksheet, visit WarriorfortheLord.com/downloads.