

ANGER JOURNAL

Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

- Ephesians 4:31-32

QUESTION 1 **STUFF:** In what ways have I clammed up and turned my anger inward?

QUESTION 2 **SPEW:** In what ways have I vented my anger out towards something or someone?

QUESTION 3 **STUDY:** What have I learned about my anger? What led to my anger? What did I say or do when I became angry? Is this a pattern for me? What should I have done when I became angry?