

Stop! Why Am I Angry?

Stop.

I need to stop what I'm doing before I say or do something I don't mean.

Identify.

What am I angry about?

Decide.

Is what I'm angry about important enough to do something about?

Plan.

What would be a good way to deal with this situation?

Pray.

Dear God, please help me to control my anger. Please help me to act like you want me to act in this situation. Please help me to put my plan into action so other people see me acting in a way that pleases you.

Act.

I need to put my plan into action.