

Anger Journal

1. What circumstances led to my becoming angry?
(What happened that provoked me to anger?)

2. What did I say/do when I became angry?
(How did I respond to the circumstances?)

3. What is the biblical evaluation of what I said/did when I became angry? (How does the Bible classify what I said/did when I became angry?)

4. What should I have said/done when I became angry?
(How could I have responded biblically when I became angry?)

Heart Journal

1. What happened to provoke me to anger?
(What were the circumstances that led to my becoming angry?)

2. What did I say to myself (in my heart) when I became angry?
(What did I want, desire, long for when I became angry?)

3. What does the Bible say about what I said to myself when I became angry? (What does the Bible say about what I wanted?)

4. What should I have said to myself when I became angry?
(What should I have wanted more than my own selfish and idolatrous desire?)
