

THE UPSIDE OF ANGER



**Describe What Your Common Anger Situation(s) Reveal About You.
How Can You Use This Knowledge To Help You Mature?**



**Outline Your "Anger Process Wick".
What Negative Thoughts Need To Be Replaced/Challenged?**



**Reflect on areas of your grief story that have not yet been healed.
What steps do you need to take to find freedom?**



**What level of emotional maturity do you act?
What do you need to change to grow?**



**What relationship(s) do you need to attempt to restore?
How will you work towards forgiveness?**