

The Many Faces of Anger

(Identifying an Anger Problem in ME)

Circle the number of each statement that applies to you. Be honest with yourself. In order to deal biblically with sinful anger, we must identify or recognize it, acknowledge it as sin, and respond to it in a way that pleases God. Ultimately, we seek to identify where our anger comes from so the wrong patterns (reactions) can be “put off” and the right patterns (responses) can be “put on.”

1. I do not easily forget when someone does something wrong to me.
2. It “annoys,” “aggravates,” “frustrates” me when friends or family members don’t comprehend and respond to my needs/concerns.
3. My “feelings” are hurt often.
4. I get “offended” often.
5. I am impatient with people and circumstances more frequently than I’d like to be.
6. I nurture critical thoughts easily (I think of offenses or people I’m angry at often).
7. When I’m unhappy with someone/something, I have a tendency to “blow up.”
8. When I’m unhappy with someone/something, I have a tendency to “clam up.”
9. It is hard for me to accept someone who will not admit his/her weaknesses.
10. When someone confronts me from what I consider an uninformed position, I think of my argument/response as they are speaking.
11. Internal pressure increases whenever I am trying to do a demanding task.
12. I get frustrated when I sense someone has fewer struggles (has it easier) than I do.
13. When I talk about my frustrations/irritations, I don’t want to hear an opposite point of view.
14. When there is a major event/confrontation in my future, I spend a great deal of time and thought worrying about it.
15. Sometimes I refuse to enter a room or walk in the direction of someone I dislike.
16. I often allow myself to get too intense when discussing a controversial subject.

17. Sometimes I get so discouraged I want to quit.
18. When in an authority position, I sometimes speak too sternly or insensitively.
19. I have a tendency to be over-aggressive when playing a game “just for fun.”
20. It is very important to me that my opinion or point-of-view is heard!
21. Life often seems unfair to me.
22. I find myself blaming others or circumstances for my problems (“I wouldn’t be this way” or “I wouldn’t do that if my spouse or parents didn’t provoke me.”)
23. Sometimes I think/act like “I don’t care” when I know someone has a genuine need or is hurting.
24. Sometimes I think I struggle with depression.
25. I get involved in conflict easily. I even join in the arguments of others!
26. I use sarcasm often.
27. I respond to criticism (constructive or other) by defending myself.
28. I respond to criticism (constructive or other) by attacking (finding fault) in the other person.
29. Sometimes I find myself being critical or talking about someone not really caring about how it might affect them.
30. I am good at being kind on the outside while fuming on the inside.
31. People ask for my forgiveness often.
32. I rarely need to ask others for forgiveness.

If you circled ten or more, you have a problem with anger and need to practice I John 1:9 immediately. These reactions may be considered “normal” for the unsaved or the carnal Christian, but a Godly believer (spiritual man) is not satisfied with being “better than average,” his goal is to be like Christ (Romans 8:29).

If you circled fifteen or more, you are especially vulnerable to the harmful effects of anger, bitterness, and resentment. The world says “vent,” “blame,” “defend,” “love yourself,” etc. This follows suit with the self-focused interests of both the world we live in and our natural man’s sinful tendencies. God’s Word says “overcome the evil with good” (Romans 12:21). It also tells us we are to “put away” all bitterness, wrath, anger and evil speaking and be kind to each other, tender-hearted, and forgiving just as God has forgiven us (Ephesians 4:31-32). We are to obey God’s Word because we love Him. Then God can bless us with the results of our obedience. That is living by faith – **BELIEVING** the Word of God and **ACTING** on it, no matter how I **feel**, knowing that God promises a good result.

Adapted from *THE ANGER WORKBOOK*, Carter & Minirth, Nelson Publishers.