Self-Help: Heart Searching Questions

Am I an Angry Person?

2 Corinthians 13:5

“Examine yourselves, whether ye be in the faith; prove your own selves. Know ye not your own selves, how that Jesus Christ is in you, except ye be reprobates?”

1 Corinthians 11:31

“For if we would judge ourselves, we should not be judged.”

1. I always avoid using grievous words that stir up anger. True ____ False____

2. I try to control my emotions especially when I am hurt and angry. True ____ False____

3. When upset I am very quick to “speak my mind.” True ____ False _____

4. When angry I find a way to retaliate and withdraw money and kindness. True ____ False ___

5. I do not believe I am a foolish person when I get angry quickly. True ____ False ___

6. Many of my friends get angry easily. True ____ False ___

7. I believe my anger is generally justifiable and so I do not fear any type of divine judgment on me because of my anger. True ____ False ___

8. I like to pray when I get angry. True ____ False ___

9. When I get angry I am more than ready to tell other people why I am angry as I seek allies to justify my anger. True ____ False ___

10. I expect much of other people and am quick to show my disappointment in them when they do not meet my expectations. True ____ False ___

11. I take sides in a dispute and become angry even before I have heard the other side of the situation. True ____ False ___

12. I treat my family differently than I treat people in public. With my family I am sharp, caustic and short tempered. True ____ False ___
12 Steps Setting Forth
Spiritual Techniques to Avoid Expressing Anger

1. Avoid using grievous words that stir up anger. Proverbs 15:1 A soft answer turneth away wrath: but grievous words stir up anger.

2. Cultivate a mindset of controlling negative emotions. Proverbs 15:18 A wrathful man stirreth up strife: but he that is slow to anger appeaseth strife.

3. Remember that being slow to anger is a mark of a great person. Proverbs 16:32 He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city.


5. Understand that the angry person is foolish. Ecclesiastes 7:9 Be not hasty in thy spirit to be angry: for anger resteth in the bosom of fools.

6. Avoid being a friend of an angry person. Proverbs 22:24 Make no friendship with an angry man; and with a furious man thou shalt not go:

7. Realize that damnation awaits the angry person who does not repent. Matthew 5:22 But I say unto you, That whosoever is angry with his brother without a cause shall be in danger of the judgment: and whosoever shall say to his brother, Raca, shall be in danger of the council: but whosoever shall say, Thou fool, shall be in danger of hell fire.

8. Make anger a matter of prayer. In one of his books or articles I believe it was Chuck Colson who said his lovely wife would rather spend fifteen minutes praying with and for someone than an hour criticizing them. In as far as the believer learns to “pray without ceasing” (1 Thess. 5:17) much anger will be dissipated.

9. Explain negative feelings to a mature and understanding third party who can advise and lead. Confess fault to one another. James 5:16 Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.

10. Realize that expectations of others may never materialize. Therefore, live with the fact that it hurts less to expect nothing than to hope in vain. Learn to be content. Hebrews 13:5 Let your conversation [manner of life] be without covetousness; and be content with such things as ye have: for he hath said, I will never leave thee, nor forsake thee.

11. Avoid taking offense on behalf of someone when only half of an argument has been heard. Proverbs 26:17 He that passeth by, and meddleth with strife belonging not to him, is like one that taketh a dog by the ears.
Note. It is true that not all anger is sinful God is angry at the wicked everyday (Ps. 7:11). Jesus was angry with the Pharisees (Mark 3:5). Paul became angry at Peter's improper conduct and withstood him face to face. However, most anger is sinful which is why the command comes to put it off.

Note. Do not defend the indefensible nor try to justify the unjustifiable. Do not seek for verbal vindication when the heart already knows it is wrong in something said or done.