

PERSONAL AWARENESS

1. ___ Impatience comes over me more frequently than I would like.
2. ___ I nurture critical thoughts quite easily.
3. ___ When I am displeased with someone, I sometimes shut down communication or withdraw.
4. ___ I feel inwardly annoyed when family and friends do not comprehend my needs.
5. ___ Tension mounts within me as I tackle a demanding task.
6. ___ I feel frustrated when I see someone else having fewer struggles than I do.
7. ___ When facing an important event, I may obsessively ponder how I must manage it.
8. ___ Sometimes I walk in another direction to avoid seeing someone I do not like.
9. ___ When discussing a controversial topic, my tone of voice is likely to become passionate and strong.
10. ___ I can accept a person who admits his or her mistakes, but I have a hard time accepting someone who refuses to admit his or her own weaknesses.
11. ___ When I talk about my irritations, I don't really want to hear an opposite point of view.
12. ___ It's hard for me to forget when someone does me wrong.
13. ___ When someone confronts me from a misinformed position, I am thinking of my rebuttal as he or she speaks.
14. ___ Sometimes my discouragement makes me want to quit.
15. ___ I can be quite aggressive in my business pursuits or even when playing a game just for fun.
16. ___ I struggle emotionally with the things in life that are not fair.
17. ___ Although I know it may not be right, I sometimes blame others for my problems.
18. ___ When someone openly speaks ill of me, my natural response is to think of how I can defend myself.
19. ___ Sometimes I speak slanderously about a person, not really caring how it may harm his or her reputation.
20. ___ I may act kindly on the outside while feeling frustrated on the inside.
21. ___ Sarcasm is a trait I use in expressing humor.
22. ___ When someone is clearly annoyed with me, I too easily jump into the conflict.
23. ___ At times I struggle with moods of depression or discouragement.
24. ___ I have been known to take an "I don't care" attitude toward the needs of others.
25. ___ When I am in an authority role, I sometimes speak too sternly or insensitively.

10 items, your anger level is probably more constant than you like.
15 items, you are vulnerable to the extreme ill effects of open anger.

Scriptures concerning anger, resentment, strife

"Anger"

Prov 15:1

1 A gentle answer turns away wrath, but a harsh word stirs up anger. (NIV)

Prov 21:14

14 A gift given in secret soothes anger, and a bribe concealed in the cloak pacifies great wrath. (NIV)

Prov 27:4

4 Anger is cruel and fury overwhelming, but who can stand before jealousy? (NIV)

Prov 29:8

8 Mockers stir up a city, but wise men turn away anger. (NIV)

Prov 29:11

11 A fool gives full vent to his anger, but a wise man keeps himself under control. (NIV)

Prov 30:33

33 For as churning the milk produces butter, and as twisting the nose produces blood, so stirring up anger produces strife." (NIV)

Eph 4:26

26 "In your anger do not sin": Do not let the sun go down while you are still angry, (NIV)

Eph 4:31

31 Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. (NIV)

Col 3:8

8 But now you must rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips. (NIV)

1 Tim 2:8

8 I want men everywhere to lift up holy hands in prayer, without anger or disputing. (NIV)

James 1:20

20 for man's anger does not bring about the righteous life that God desires. (NIV)

"Strife"

Prov 17:1

1 Better a dry crust with peace and quiet than a house full of feasting, with strife. (NIV)

Prov 18:6

6 A fool's lips bring him strife, and his mouth invites a beating. (NIV)

Prov 20:3

3 It is to a man's honor to avoid strife, but every fool is quick to quarrel. (NIV)

Prov 22:10

10 Drive out the mocker, and out goes strife; quarrels and insults are ended. (NIV)

Prov 23:29-30

29 Who has woe? Who has sorrow? Who has strife? Who has complaints? Who has needless bruises? Who has bloodshot eyes?

30 Those who linger over wine, who go to sample bowls of mixed wine.

Prov 26:21

21 As charcoal to embers and as wood to fire, so is a quarrelsome man for kindling strife.
(NIV)

Prov 30:33

33 For as churning the milk produces butter, and as twisting the nose produces blood, so stirring up anger produces strife." (NIV)

"Dissension"

Prov 15:18

18 A hot-tempered man stirs up dissension, but a patient man calms a quarrel.

Prov 29:22

22 An angry man stirs up dissension, and a hot-tempered one commits many sins.