

Overcome Anger – Chapter 8, Lesson #75

(75) A Portrait of Anger

Points of Reflection

Video #75: [View/download the video lesson](#)

- ☐ What kind of relationships have you seen damaged by anger?

- ☐ Have you ever been in a church or with Christian leaders who had a problem with anger?
 - Explain.

- ☐ What are the two kinds of anger? How are they different?
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 - Identify each kind of anger with an angry person you know.

- ☐ Do you have a problem with anger?

- ☐ Fill out charts #1 and #2.
 - (1) Observe the times you get angry

- (2) Tracing Anger Responses

☐ **Date Lesson #75 completed** _____