



STYLE OF ANGER CONTROL

DESCRIPTION

You tend to be easily angry and express your anger directly. After being angry, you might take quite a long time to calm down or forgive. You might oppose people with whom you have conflict with or who are going against you directly. In many things you might not think about the consequences of your anger to the others. You might be aggressive when being confronted and you might verbally confront them back.

TO DEVELOP

To develop, control your anger. Do not let anger and rage take over you. Do not make important decisions when you are very angry. Control your actions and words. Understand the negative consequences of your tendency to be emotionally explosive. Think about the impact it has on the people you are angry with. Think about the impact on your friendship, companionship, and kinship. Practice yourself to forgive more and not be too focused on other people's mistakes when you are very angry. Think positively and be sensitive to the objections of the others. Get yourself closer to God, break down the walls of your pride in Him. Love people who are weaker and younger than you, respect those who are older than you.

TEMPERAMENT