**Dealing with Your Own Unrighteous Anger**

If you lose your temper

* As much as possible avoid venting or giving full expression to your anger.
* Do everything you can to exercise self-control and restrain yourself.
* Remove yourself from the situation that is causing the anger and give yourself some time to cool down.
* Controlling your temper is a short-term solution. Ultimately, you must deal with the source of your anger.

Dealing with your anger – long term

* Admit to yourself (and others if appropriate) that you’re angry
	+ We don’t like to admit we’re angry
	+ We like to feel like (and have others believe) that we’re “better than that”
	+ Sometimes we don’t want others to know they’ve gotten to us
* Most unrighteous anger is the result of believing a lie
	+ I have a right to…
	+ I shouldn’t have to…
* We need to recognize that we have believed a lie and repent for having believed it in the first place
* Talk to yourself in a constructive way – admonish yourself (cf. Ps. 42 5)
* Lower your expectations (***without*** lowering standards)
* Something to think about: we sometimes we inappropriately substitute anger for sadness or disappointment – because anger feels more powerful.