



A "Cause & Effect" cycle which continues going around & continues growing stronger if not checked. It can only be checked by rationally dealing with the "source" & "symptom" of the "rage"– before it builds up to the point of rage. Each succeeding "cycle" (full turn) intensifies the cycle, increases guilt & frustration at the lack of control and its effect on self & others.

"ABC's" of controlling the "Cycle of Rage"

- ◇ **A– Action** – whatever "sets" off our feelings– could be a situation, something said, something done or not done to us
- ◇ **B– Belief** – our "view" of the "action" which justifies our feelings of "hurt" or "injury"
- ◇ **C– Consequence** – we feel "angry" as a defense mechanism– simply our reaction
- ◇ **D– Dispute** – we must "challenge B"– ask ourselves "why" we are angry– is it right? ...true?
- ◇ **E– Examine** – look at different options or ways of dealing with our feelings which are rational, positive & not destructive & reactionary– choosing to not continue the "cycle"

Dealing with Bitterness & Unforgiveness

- ◇ **P – Prayer**– pray for the "other" person– the one who has hurt or wounded you– bless them rather than curse them
- ◇ **E – Empathy**– "see" the other person as God sees them– not from your view, but God's– consider their "side" of things
- ◇ **A – Act**– do what needs to be done to restore the relationship– express forgiveness in some way– make amends as needed
- ◇ **C – Confess**– your own sin of anger, bitterness, unforgiveness, of being judgmental– get honest with God about your "self" (flesh)
- ◇ **E – Example**– follow the example of Jesus– 1 Peter 2:21-23