

## Anger Survey

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Number 1 (least) thru 10 (most)

<b>My Anger is Shown by...</b>	<b>Me</b>	<b>Spouse</b>
Impatience		
Lack of forgiveness		
Frustration		
Gossip		
Criticalness		
Judgmental		
Unkindness		
Slander		
Silent treatment		
Harshness		
Rolling of the eyes		
Put downs		

Read Matthew 18:23-35. What is the central truth this man forgot? With the central truth of the gospel in mind, answer the following to see where you need to change.

<b>Where You Need Change</b>	<b>Me</b>	<b>Spouse</b>
Patience toward others		
Readiness to forgive when wronged		
Contentment even when things don't go my way		
Comparing the sins in others to the worst sin I know, my sin against Christ		
Quick to reconcile		
Kindness		
Kind tones		
Self-control		
Know that the log is in my eye; the speck is in others		
Building others up		