

## Recognizing Anger Form

*(Ask your Spouse or Family Member to help you answer this form)*

- Yes  No Do you tend to argue with people who disagree with you?
- Yes  No Do you get angry, frustrated, or impatient when you don't get your own way?
- Yes  No Do you get irritated with people who do not understand what you tell them?
- Yes  No Do you experience anger when people or noises interrupt your sleep?
- Yes  No Do you react with anger when people do not give you the respect you deserve?
- Yes  No When a friend is offended by someone, do you take up an offense for that friend?
- Yes  No Do you get angry with yourself when you fail to do something "right"?
- Yes  No Do you get angry when others say things about you that are not true?
- Yes  No Do you get angry when people remind you of your past failures?
- Yes  No Do you get angry when people steal or damage your possessions?

# REPENT! – ANGER EVALUATION FORM

*(Ask your Spouse or Family Member to help you answer this form)*

How would you rate your anger on a scale of 1-10?

None 

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 Strong

How often do you argue? (several times a day, daily, weekly, seldom) \_\_\_\_\_

What gets you angry or irritated? *(Resubmit this identified area to Yahweh and repent for taking ownership of it)* \_\_\_\_\_  
\_\_\_\_\_

What “rights” did you act as if you had? \_\_\_\_\_  
\_\_\_\_\_

This week, did you **daily** pray, asking Yahweh to reign on the throne of your soul? Did you submit to Him in every area?

Yes  No

This week, did you daily yield your expectations of others to Yahweh?

Yes  No

If you answered, “No” above, will you yield that expectation to Yahweh and choose to respond to the person differently next time?

Yes  No

Whom, in your family, have you asked to hold you accountable on a daily basis? \_\_\_\_\_

How does this person rate your anger on a scale of 1-10?

None 

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 Strong

Write out the anger rating that he/she gives you each week, to track your victory over anger:

First Week: \_\_\_\_\_

Second Week: \_\_\_\_\_

Third Week: \_\_\_\_\_

Fourth Week: \_\_\_\_\_

Fifth Week: \_\_\_\_\_

# Have Your Dishonored Your Parents?

*(If you truthfully answer yes, to any question below, you have dishonored them)*

- Yes  No Have you ever lied to your parents?
- Yes  No Have you ever argued with your parents?
- Yes  No Have you disobeyed your parents?
- Yes  No Have you complained to anyone that your parents are too strict?
- Yes  No Have you ever given other bad reports about your parents to friends, siblings or others?
- Yes  No Have you rejected your parents' control over the music that you listen to?
- Yes  No Have you chosen friends that are not acceptable to your parents?
- Yes  No Have you done wrong things that your parents don't even know about?
- Yes  No Have you ever hit or cursed your parents?
- Yes  No Have you ever despised your parents' counsel?
- Yes  No Did you date or get married to someone without your parents' blessing or approval?

*If you answered "Yes" to any of the above, you are living under curses! Yahweh wants to remove them if you will complete the following steps:*

- 1) Confess your sin of dishonoring your parents to God.
- 2) Ask God to help you heal from the hurts and offenses and/or painful memories that your parents have done to you, and which you have believed gave you the right to dishonor them.
- 3) List the offenses your parents have done against you, as harbored in your own heart.
- 4) Pray for Yahweh to help you forgive your parents for every hurt you've listed. Confess the sin of harboring each offense by name.
- 5) Ask Yahweh to help you see the blessings He's given you through your parents. Pay special attention to God's blessings from the parent who has most deeply offended you. List every good quality or blessing from your parents' which Yahweh brings to mind.
- 6) Thank Yahweh for giving you this set of parents. He doesn't make mistakes! Thank Him also for giving you the Grace to heal from their harmful failures. (For while Yahweh doesn't make mistakes, parents do!)
- 7) For the future, ask Yahweh to help you respect the POSITION of the parental authority, even when you cannot respect what the person is doing, at the time.
- 8) If your parents are still living, go to them and ask them for forgiveness for the ways in which you have dishonored them.
- 9) NOW THAT THE SIN IS CONFESSED AND FORGIVEN, YOU CAN BE FREE FROM THE CURSES AS WELL! Pray and break all curses over your life (in the Name and Blood of Yahshua), which have come from dishonoring your parents, in the past.

# REJOICE WHEN REVILED TO CONQUER ANGER

List one time when you suffered some form of reviling when you had done right: \_\_\_\_\_

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Yes  No Did you thank Yahweh for these attacks?

Yes  No Did you rejoice for the opportunity to suffer to the Glory of Yah?

List one time when you suffered some form of reviling when you had done wrong: \_\_\_\_\_

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What Scripture can you quote to give you Grace for this offense? \_\_\_\_\_

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How did you respond to these attacks? \_\_\_\_\_

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Yes  No Have you repented and made it right with Yah and the person you wronged?

Have you displayed or felt any wrong attitudes towards your enemies? If so what? \_\_\_\_\_

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Yes  No Did you bless your offender(s) by asking Yah to give them the missing qualities?

Yes  No Did you repay them with good works?

What good things have you done (or will you do) to bless and benefit the lives of your offenders? \_\_\_\_\_

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Write out a prayer of blessing for those who have reviled you. Pray it for them daily for as long as Yah impresses you to do so and until you are no longer tempted to be angry:

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How can you go the second mile to show Yah's Love to your offender(s) (be specific):

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## Yahshua's Seven Keys to Conquering Anger

*(Check Each Key off when you have Fully and Prayerfully Completed it)*

- REPENT for putting yourself in charge of any aspect of your life.**
- HONOR YOUR FATHER AND MOTHER with no disrespect.**
- REJOICE WHEN REVILED by yielding rights and expectations.**
- GO TO YOUR OFFENDERS in a spirit of humility to seek reconciliation.**
- LOVE YOUR ENEMIES by praying for and blessing them.**
- GREET EVERYONE RIGHTEOUSLY including our enemies.**
- GO THE SECOND MILE glorify Yahweh by doing more than is expected.**

Yes  No      Having completed these keys, do you still struggle with anger?

If so, go back over the keys very carefully. Pray and ask Yahweh to show you which area(s) still needs prayerful attention:

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