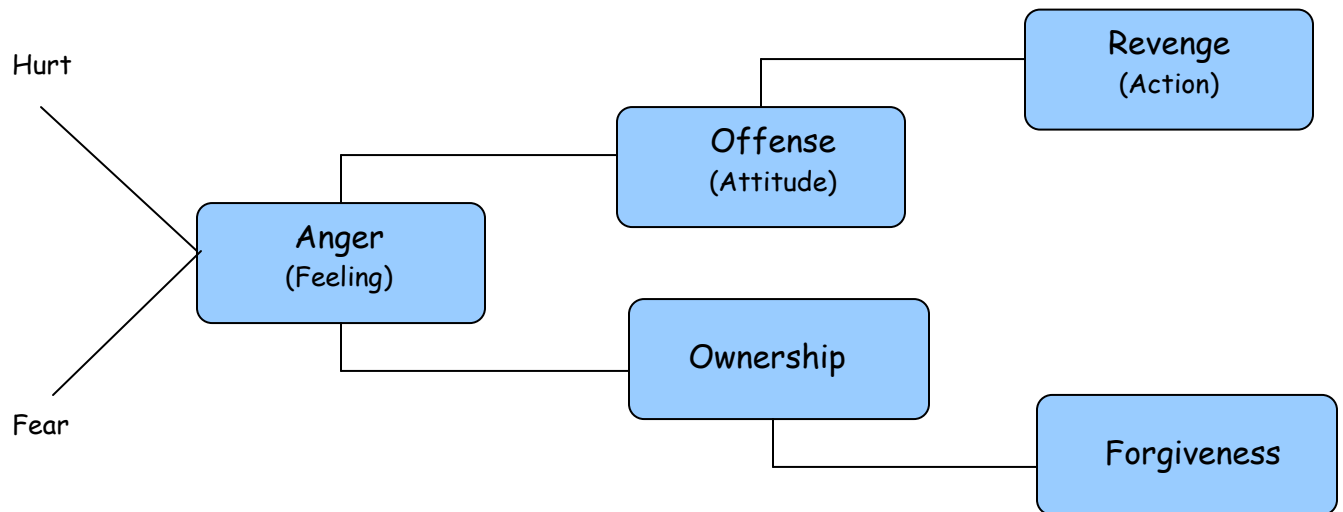


EMPOWERING PARENTS



Galatians 5:19-26; Ephesians 4:26-32 & 6:1-4; Philippians 4:1-9; Colossians 3

Anger

- Hurt and Fear lead to Anger
- Six Basic Feelings
 - Mad
 - Sad
 - Glad
 - Hurt
 - Afraid
 - Ashamed

Offense - characterized by the following attitudes

- Bitterness
- Resentment
- Hatred
- Grudge Bearing

Revenge - characterized by two types, but some people may be both

- **Exploder**
 - Makes noise
 - Takes things out on others
- **Imploder**
 - Migraines
 - Ulcers
 - Cancer
 - Allergies
 - Asthma
 - High Blood Pressure
 - Anxiety
 - Depression
 - Uses "Medicators"

Ownership - characterized by two responsibilities

- **I am responsible for:**
 - My beliefs
 - My thoughts
 - My feelings
 - My actions
 - My values
 - My time
 - My love
- **My responsibility to others:**
 - Value them
 - Respect them
 - See their worth
 - Honor them

Contact info: Johnson Counseling Associates
(402) 616-4411 cindy@jcaomaha.com
4949 North 26th Street Lincoln NE 68521