

Biblical Qualities to Replace Anger

Colossians 3:12-14

At the end of each day, check the following qualities if they were demonstrated to others. Identify the areas that are not checked and focus on the development of those particular qualities.

	M	T	W	T	F	S	S
Compassion							
Kindness							
Humility							
Gentleness							
Patience							
Forbearance (Bear one another)							
Forgiveness							
Love (sacrifice)							

“I was wrong in _____, causing you to hurt

“See ‘A’ Below”

_____. Would you be willing to forgive me?”

“See ‘B’ Below”

Note: Use the backside of this form to complete in more detail letters A–D below.

- A. Write out specifically what you were wrong in and are requesting forgiveness for.
- B. Describe the hurt that you caused the other person.
- C. Forgiveness is not an apology; it is surrendering your power to the offended.
- D. Forgiveness is a promise, when granted, that you will not bring it up to self, God, or the other person.

Adapted from Biblical Concepts in Counseling