

Select a recent incident in which you displayed or felt anger, conflict, depression, anxiety, fear, or similar negative attitudes or actions. Then summarize the situation and your response to it below:

**1. Your Situation.** Who, what, where, when? Summarize what happened:

**2. Your Behavior.** What did you say, do, and feel in response to what happened? Summarize your words, actions, and emotions, especially the negative ones:

**3. Your Thoughts and Desires.** What were you thinking or wanting in the midst of this situation? Summarize your attitudes, thoughts, desires, motives, etc., that might have motivated the wrong behavior. Note any “good desire, bad master” dynamics (inordinate or ruling desires). Desire = I want, I wish. Motive = \_\_\_\_\_ makes me want, \_\_\_\_\_ makes me wish.

4. **God's Answers.** On the next page, describe how you think God would want you to deal with this kind of situation now or the next time it occurs. What put off, put on, renewed thinking changes in your behavior and in your thoughts, desires, and motives seem needed? What steps should you take?

Changes in Behavior:

Changes in Thoughts:

Changes in Desires:

Changes in Motives:

Steps to Get There: (\*note: you will not always have entries in both the forgiveness and apology sections.)

1. Scripture to memorize:
2. Scripture to meditate on:
3. Action to take:
4. Actions to take (as many as required):
5. Confession(s) to make:
6. Apologies to give: (i.e. I am sorry I...)
7. Forgiveness to request: (i.e. Will you please forgive me...)
8. Prayers to pray: