

Overcoming Frustration & Anger

Take Responsibility, But Not Too Much!

Two problems:

1) taking too much responsibility (i.e. taking responsibility for things that are *not* our responsibility)

Only adopt goals you can _____.

Make your goals dependent on your own behavior, not on the hoped-for behavior of others.

Never assume responsibility for a goal you can't control.

Frustration and anger are almost always caused by _____ goals. If our goal can be blocked, we've chosen the wrong goal! A "blockable goal" is a goal that depends on someone or something else for its attainment. We should choose only unblockable goals--goals we can control.

Frustration and anger are red flags that tell us we've adopted the wrong goal.

Our overriding goal in life should be to please God. Pleasing God is a goal that cannot be blocked. There's neither a person nor a circumstance that can stop us from pleasing God because regardless of what happens to us, we still control how we respond.

God will only hold you responsible for how you live your life.

He will never hold you accountable for what others do, or for anything else that is outside your control. Isn't it enough of a challenge to please God in the things we are responsible for—without getting all bent out of shape over things we're not responsible for anyway?

**This realization frees us to stop bemoaning bad circumstances or how others are mistreating us.
We can set our hearts on pleasing God—no matter what.**

2) not taking responsibility for things that *are* our responsibility

We must be careful not to attribute power to people that they really don't have. They are responsible for what they do, but we are responsible for our responses. We can't control what others do or what life deals out to us, but we can always control how we respond.

If I say to someone, “You make me so mad!” I am saying in effect, “You are not only controlling what you’re doing; you’re controlling how I respond to you!” Put in those terms, the assertion is obviously ridiculous. I’m denying that I have “response ability”—the ability to choose my own responses. **I have deluded myself** into believing the other person is controlling the way I feel and the way I respond. No wonder I feel like screaming!

We must be careful not to blame others (or bad circumstances) for our own bad attitudes.

Sin that we justify is sin that we can never get free from!

When we meet adversity, let's not curse it, thinking it has the power to wreck our day or our life. It has no such power.

Great people are not those who have somehow managed to live lives without adversity. **Great people are those who choose to please God regardless--regardless of their circumstances, regardless of how others treat them.** They live life without excuses.

Do you want to be great in the eyes of the Lord?

Answers for Fill-in-the-Blank Questions on Overcoming Frustration and Anger

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control
blocked

Page 2

(not applicable)