

7 STEPS TO OVERCOME ANGER

- 1. Quick to Hear**
- 2. Slow to Speak**
- 3. Slow to Anger**
- 4. Have a Contingency Plan**
- 5. Plan for Long-term Change**
- 6. Forgive Like Jesus**
- 7. Remove yourself from unsafe place**



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Overcoming Anger Overcoming Anger

William Davies



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