

## Anger Is A Choice

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Is anger a choice? If you believe you can change your response, then the answer is yes. If you believe you can change your response, then the answer is yes. Anger is an important primary feeling which indicates danger and that some of our needs are not being met, yet it remains one of the most undesirable, controversial and one of the least understood emotions.

~~Is Anger a Choice? - Welldoing~~

With that in mind, I believe that anger is a choice. We have the ability to choose whether we are going to let something lead us into anger with another. Sure, it might feel as if anger is just an instinctual emotion, but after that initial reaction, we can decide whether we will pursue the anger or deal with the issue in a more diplomatic manner.

~~Anger is a Choice - in All things~~

Your anger is a choice. Every angry statement you make is a decision.

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~~Anger Is Not the Answer. It's a choice, the wrong choice ...~~

Anger is a Choice; Attitude, Forgiveness, Love, Quotes; Anger is a Choice. by Melanie; February 11, 2019; 0; Two powerful quotes on anger along with free PDF downloads. Be sure and check out this short story and object lesson called Slow to Anger by clicking [HERE](#). Perfect for FHE or in a Sunday lesson.

~~Anger is a Choice — Two Quotes on Anger — Melanie's Library~~

Continue Reading. Anger is a statement that you are on the edge of having no options. So, limited choice. From an objective position you can see it as a choice but subjectively anger means "Stop this!" usually after exhaustive reasoning prior to catapulting into hatred.

~~Why is anger a choice? — Quora~~

2 Reasons We Choose Anger. We simply don't realize something else is going on beneath the mask of anger. Anger is a much easier choice. It's easier to be angry than it is to say I'm feeling isolated, lonely, or rejected. I can avoid the hurt feelings of rejection by masking it with anger. Let me say it another way.

~~Why We Choose Anger as a Response — Christian Counseling~~

But anger, on all of its levels from mild irritation all the way up to rage is more than behavior. Yet behavior is what we fear. In fact I've heard adolescent boys struggling with rage say, "I ...

~~Is Rage a Choice? | Psychology Today~~

The Anger Wheel of Choice can help our children learn another way. During a calm time you can teach them that what they feel is always okay, and that what they do is not okay if the "doing" hurts others or themselves.

~~The Anger Wheel of Choice: Anger is Just a Feeling ...~~

Anger is a complicated emotion. It is an emotion that has a profound effect on a person, and the people around that person. Anger causes us to act in ways we may not be proud of, and can cause us to make mistakes in our lives that we may regret.

~~What Is Anger? A Secondary Emotion | PsychPoint~~

Becoming angry is a conscious choice, a decision; therefore, we can make the choice not to become angry. We choose! To those who say, "But I can't help myself," author William Wilbanks responds: "Nonsense." "Aggression, ... suppressing the anger, talking about it, screaming and yelling," are all learned strategies in dealing with anger.

~~Agency and Anger — Church of Jesus Christ~~

Choice vs Anger. And this small little word, choose, finally determined the title for my power tool: Choice vs Anger. Some people believe that anger is 'better in than out' and that you feel better when you have expressed your anger. I don't believe this. Expressing

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your anger without a filter is a sign of immaturity in dealing with your emotions.

~~Power Tool: Choice vs. Anger — International Coach Academy~~

The authors believe that anger may be inevitable, but we have a choice about how we handle that anger. We can stuff down with food, lash out at others, withdraw into silent depression, and several other coping techniques. The authors believe there are healthier ways to handle anger, and that is the topic of this book.

~~Anger Is a Choice by Tim LaHaye — Goodreads~~

Happiness is a choice, as is anger. Time is going to pass, whichever one you choose. I was flying back from the Philippines last week, and was about six hours into my 12-hour leg from Seoul to San...

~~Anger is a choice. So is happiness. — SFGate~~

But when we understand where anger comes from, how it shows or doesn't show, then we can do something about it. Either it will control us or we will control it, because Anger Is a Choice. Best-selling authors Tim LaHaye and Bob Phillips tell us what we need to know to control the emotion of anger.

~~Anger Is a Choice: Amazon.co.uk: Tim LaHaye, Bob Phillips ...~~

"Anger is a sin that is often overlooked in the grand scheme of 'bad things'. Posting about a biblical response to anger from In All Things- an online hub committed to the claim that the life, death, and resurrection of Jesus Christ has implications for the entire world.

~~"Anger is a Choice" by Eliana Radde~~

Either it will control us or we will control it, because Anger Is a Choice. Best-selling authors Tim LaHaye and Bob Phillips tell us what we need to know to control the emotion of anger. They not only examine it from beginning (its origins) to end (its effects), they also help us evaluate our own "Irritability Quotient" through the Anger Inventory and other exercises throughout the book.

~~Anger Is a Choice: Dr. Tim LaHaye, Bob Phillips ...~~

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~~Amazon.co.uk: Customer reviews: Anger Is a Choice~~

Best-selling authors LaHaye and Phillips provide 'Anger Inventory' and other exercises that offer healing for damaged relationships. Understand where anger comes from, how it does or doesn't show, and what you can do about it. Paperback. Anger Is a Choice (9780310242833) by Tim LaHaye, Bob Phillips

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