

THE ANGER WORKBOOK FOR CHRISTIAN PARENTS

LES CARTER, Ph.D. * FRANK MINIRTH, M.D.

A Biblical 12-step interactive plan to help you ...

- Understand how unmet needs can feed anger in parents & children
 - Break the cycle of dependency & create healthy boundaries
 - Create healthy ways to manage anger in the family
- Work with the special challenges presented by teens and proteens

BONUS

Includes discussion questions for the entire family!

Anger Workbook For Christian Parents

Les Carter, Frank B. Minirth



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The Anger Workbook for Christian Parents Les Carter, Frank Minirth, 2004-03-22 In this practical book anger experts Drs Les Carter and Frank Minirth coauthors of the bestselling *The Anger Workbook* show families how the blame game parents blame the kids and kids blame the parents doesn't work. Instead they provide insight for dealing with the root causes of anger. In a perfect blend of biblical wisdom and psychological research they show readers how to understand what can be right about anger, distinguish between healthy and unhealthy anger, recognize how anger can be managed more successfully by controlling desires and insecurities and addressing other underlying issues, and much more. Filled with real life examples, checklists, evaluation tools, and study questions, this valuable resource for any parent with a preteen or teenager will help parents understand and manage their children's anger as well as their own and show how to create harmony at home. *The Anger Workbook* Les Carter, Frank Minirth, 2012-10-29 A field guide to understanding and managing anger: what it is, where it comes from, and how to get it under control. Many people assume that anger is the emotion that leads to raised voices and violence, and this kind of explosive rage is certainly a reality. But there are many different types of anger, from the simmering to the shutting down. Most of us experience some form of anger or its effects. The good news is that anger can be controlled. Founded on thirteen faith-based steps designed to recognize and manage anger, *The Anger Workbook* is an interactive guide to transforming patterns and behaviors with the help of biblical principles and evidence-based treatment. Best-selling author and practicing counselor Les Carter, Ph.D., and author and Christian psychiatrist Frank Minirth, M.D., draw on their years of experience and expertise to demystify the problem of anger. Throughout this workbook you will learn how to identify situational anger in yourself or others, as well as patterns of relating, thinking, and behaving that may lead to feelings of anger. How emotions like fear, loneliness, and inferiority create anger. How to uncover and eliminate myths that perpetuate anger, such as "Letting go of my anger means I am conceding defeat" or "No one understands my unique problems." For parents, how to manage a child's anger. As we get to know and understand anger, whether it's our own or a loved one's, its management becomes far less daunting. Anger can be controlled. *Parenting with Patience* Chap Bettis, 2019-10-19 Anger is a common issue for parents with children of all ages. Often there is a repeating cycle of exploding and shame with no real resolution. This five-week video-driven Bible study will give practical and biblical answers to this common problem from a Christian perspective. You can become a patient parent. **Workbook for the Heart of Anger** Lou Priolo, 2007-08-22 How this workbook will help you. This is the companion workbook to one of the most important Christian books ever published, *The Heart of Anger*. The book itself started an evolution in the realm of Christian counseling. A rather than dealing with simply behavior patterns, it went right to the heart of the matter: the inner workings of our motives and behavior in the light of God's word. A long-awaited workbook acts as a resource to get you to think through these issues in conjunction with the book. A. If you've never read the book, order a copy now. A. If you have the book, the workbook is a must and makes for an excellent

small group Bible study The Choosing to Forgive Workbook Les Carter, Frank B. Minirth, 1997 As a continuation of The Anger Workbook the authors profess the necessity for forgiveness after anger This workbook allows readers to personalize the information and develop a plan that will lead to read results and lasting healing **Learning to Control Your Anger** John W. Radke, Ph.d., Dr John W Radke Ph D, 2017-02-15 This book is written to help children with serious anger problems In our world today more and more families are suffering from angry children and need help The Anger book is a start Your children will love this book and so will parents Losing It Luke Gilkerson, 2015-08-14 While many of us don't like to accept it we yell at criticize grumble with and get frustrated with our kids more than we care to admit Losing It A Christian Parent's Guide to Overcoming Anger is a short guide to help parents who want to get to the bottom of their sinful anger Offering a simple step by step approach it explores what the Scriptures have to say about the roots of anger Losing It takes readers on a deeper journey than simply anger management techniques Breaking the grip of anger is not primarily about behavior modification but about repenting of often hidden desires of the heart that rule us and running to the living God who alone can satisfy us The book covers Why anger is a good thing and how we botch it up The importance of labeling our anger correctly How we find the root causes of our anger How to repent of anger in a way that really sticks Super practical advice about how to get a grip on anger in tempting moments Parenting by Design Chris and Michelle Groff with Lee Long, 2014-04 Raising children is no easy task No matter the child no matter the situation every parent longs for obedience from their offspring God isn't overbearing when He deals with us and His example is perfect There's no question that kids want truth and love as well as bonding and boundaries Because God understands the human condition He knows we learn best from hands on experience Jesus example and the Holy Spirit's empathetic examination of our hearts We're asking you to consider using the same parenting style with your children Parenting by Design offers a more relational approach to raising children relying less on rote obedience and more on walking with your children through their decision making development Forcing children to obey rarely works to build a healthy relationship that allows you to enter into their worlds and understand their decisions This book will help you parent with grace and love two key elements in motivating a child to obey **Live Your Calling** Kevin Brennfleck, Kay Marie Brennfleck, 2004-11-01 An action plan for self fulfillment that helps people find their true calling in life This practical and inspirational guide helps Christian men and women of all ages identify and use their God given gifts to find purpose direction and joy in their life and work Based on their years of counseling and experience Kevin and Kay Marie Brennfleck offer action oriented tools and a proven methodology to help readers develop the decision making skills they need to discover and live the life that God intended maximizing the synergies between ministry work and spiritual gifts Kevin and Kay Marie Brennfleck Pasadena CA are nationally recognized experts in career counseling work satisfaction and productivity Their Web site www.ChristianCareerCenter.com is the most visited Christian career site on the Internet **Parenting the Way God Parents** Katherine Koonce, 2010-06-16 Divine Parenting Made Possible Every parent wants to do his or her job

well But if you look to your family of origin or try to follow a list of dos and don'ts you will fail Thankfully God sets a model as Parent and all you have to do is follow it In Parenting the Way God Parents Katherine Koonce shows how healthy parenting patterns will flow naturally when you parent from your godly heritage By way of thought provoking study discussion questions and scriptural snapshots you'll begin addressing not just your children's behavior but the important heart issues that shape their character When you adopt God the Father's perfect understanding of His children and prayerfully obey His example your children can't help but become healthy whole and thriving The Perfect Parenting Plan Kids will be kids and parents will become just like their own parents Even with the best intentions parents will default to raising their kids just as they were raised unless they embrace a revolutionary approach to parenting Thank God because He provides the better way He has everything you need for parenting your children in the grace discipline and love with which He parents you Child development and learning specialist Katherine Koonce comes alongside to offer you a fresh perspective that will redirect your parenting path Parenting the Way God Parents will help you Discern valid rights from selfish wants in this age of entitlement Be prepared for anger and help your children prepare for it too Take an active prayerful role in seeking God's vision for your family Focus on shaping your children's hearts not just their behavior Set aside parenting how to books full of dos and don'ts and embrace the One who parents you perfectly Knowing Katherine as a gifted teacher at the school my children attend it's evident that she has a great deal of wisdom and insight Steven Curtis Chapman Singer songwriter Parenting the Way God Parents is refreshingly free of formulas and packed full of wisdom and valuable insight I will reread it for myself and recommend it again and again in my practice David Thomas Child and Adolescent Therapist Coauthor of Becoming a Dad A Spiritual Emotional and Practical Guide Story Behind the Book Like most parents I was not prepared for the job Again and again I found myself defaulting to the parenting tactics and family dynamics recycled from my childhood God convinced me that there was a better way Rather than parent the way I was as a child I can choose to parent the way I am Parented today God my Father parents me with excellence and I want to continue that legacy with my children In choosing this paradigm of childrearing however I've had to lay down my little bag of parenting tricks and embrace the One who parents me perfectly Katherine Koonce **Enough About You, Let's Talk About Me** Les Carter, 2008-01-18 Those who are in the unenviable position of living or working with a narcissist have learned by sad trial and error that they are the only one in the relationship who can change the dynamic Certainly narcissists don't think they need to change Enough About You Let's Talk About Me is a hands on resource for helping colleagues families and spouses deal with people who exhibit narcissistic tendencies by learning how to change their own attitudes and responses *The Quick-Reference Guide to Biblical Counseling* Dr. Tim Clinton, Dr. Ron Hawkins, 2009-09 This A Z guide assists people helpers pastors professional counselors youth workers and everyday believers to easily access a full array of information to aid them in formal and informal counseling situations [Grace and Divorce](#) Les Carter, 2009-01-09 Grace and Divorce written by noted author and

psychotherapist Dr Les Carter provides sound theological thinking on divorce and wise and compassionate suggestions for reframing and deepening our understanding of this difficult and controversial topic Using stories from his practice as a therapist Dr Carter offers healing to both those who divorce and those who know and love them He explains that Jesus never intended us to be so fixed about right and wrong and so judgmental that we lose the ability to love those who do not meet His perfect standards With kindness and love he shows that the wonderful gift of God s grace is the best way to respond to people facing this trying life challenge *Pitchin' A Fit!* Israel Wayne, Brook Wayne, 2016-02-18 Parenting comes with stresses that can make the most laid back among us feel irritable frustrated and angry Even parents who sincerely love their children sometimes use the wrong methods of anger and frustration in an attempt to control their children But angry parenting doesn t just weaken relationships between parents and their children it can over time destroy them Few parents set out to become yelling meanies who no longer enjoy their children Yet many feel stuck unable to pull themselves out of their ugly habits This book Provides practical and biblical solutions to get to the other side of the issue Gives hope and freedom from the tyranny of stressed out and angry parenting Offers solutions that are ideal for any family If anger is in your home even in small ways this book is for you It is time to replace that anger with something more powerful patience and peace Israel and Brook share candidly from their experience as parents *The Christian Parenting Handbook* Scott Turansky, Joanne Miller Rn, 2013 With parenting advice coming at you from so many sources how do you know what to listen to and what to ignore Develop your own biblical philosophy of parenting and use it to filter the many ideas that come your way **The Workbook on Coping as Christians** Maxie D. Dunnam, 1988-09 Is there anyone who doesn t need help in coping with the problems of day to day living Maxie Dunnam defines coping as contending or struggling successfully Every day we are confronted with stressful situations broken relationships or other problems that threaten to undo or defeat us Some of these problems cannot be solved completely but are instead recurring They keep coming back and we have to deal with them again and again we have to cope **Children At Promise** Tim Stuart, Cheryl Bostrom, 2003-09-08 Children At Promise offers a breakthrough paradigm for raising healthy and responsible children who contribute positively to their world School principal Dr Tim Stuart and former teacher of the year Cheryl Bostrom offer a practical book filled with illustrations that show how at risk and advantaged children can realize their At Promise identity Solidly grounded in tested educational and psychological theory as well as timeless biblical wisdom Children At Promise provides parents and educators with the insights motivation and tools for raising successful children of P R O M I S E character AT PROMISE stands for A Adversity and pain can lead to growth T Trust between a caring adult and a child P Perseverance R Responsibility for our actions O Optimism M Motivated by identity I Integrity S Service E Engaged Play *When Hurting Turns to Anger* Rosalyn Anstine Templeton, 2021-11-11 If parents want to learn the anger reducing techniques ART to help their kids deal with anger this workbook will provide the practice Parents will practice the following 1 How to support angry kids 2 When to encourage

angry kids to talk 3 How to help kids understand their personal anger 4 When to help kids problem solve 5 How to help kids develop plans of success 6 When kids need to practice their success plans 7 How to prepare kids for smooth transitions back into family events In writing the When Hurting Turns to Anger How Parents Can Help Their Kids book I knew that a workbook would help parents cement the concepts more firmly in their minds Additionally a workbook would provide a method for practicing the concepts making them easier to use in families This workbook is used individually or in a group of participants It is used interactively with the When Hurting Turns to Anger How Parents Can Help Their Kids book For each workbook chapter parents will review the corresponding book chapter to refresh their memories and use it as a guide The workbook contains exercises to complete which will provide practice and reinforce the skill in parents minds Once completed keep the workbook handy to refresh or review specific skills The Anger Workbook Les Carter, Frank B. Minirth, 1993 Understand how pride fear loneliness and inferiority feed your anger Uncover myths that perpetuate anger and work through all of it Good and Angry Scott Turansky, Joanne Miller, 2009-05-20 Parents often feel angry when their children do the wrong things But responding to children in anger rarely brings about the desired result and can even have a damaging effect instead Yet anger doesn't have to be the enemy It can be a trigger that makes parents even more effective Dr Scott Turansky and Joanne Miller show them how Recognizing the very real emotions parents feel Good and Angry taps into the constructive side of parents anger and teaches welcome strategies for addressing the things their children do to drive them crazy Addressing common problem areas for children such as annoying behavior lying not following instructions and bad attitudes this book outlines seven routines that will help children improve in these areas and allow them to thrive in their relationship with parents and with others In Good and Angry moms and dads will come to understand anger's true purpose and how they can use it successfully in their day to day parenting They will also learn new approaches that will solve many common problems and in the process help both them and their children grow closer to God

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