

Step 6 Were entirely ready for God to remove all these defects of character

6N Defects of Character

Resentment and Rage

Rage is not just about getting angry in response to a situation. Rage is about causing fear in other people so that I can get my own way.

How have I felt empowered when raging?

How have I switched to rage instead of acknowledging my fears?

Often, in professional situations, using rage has caused problems in the workplace or with clients, suppliers, and contractors. This can cost jobs, opportunities, and needing to find new suppliers. What harm have I experienced because of raging in situations?

Raging can cause long term effects in our families and other relationships. Children who grow in a raging house often have irrational fears, more difficulties in certain aspects of growing up, and other psychological effects.

What harm have I caused by using rage on people I love?

What fears would I want to acknowledge?

How can I live more aware of a higher power's care for me?

How would that allow me to not react in fear in situations?