



7 DAYS to a *less* ANGRY MOM

Sample Homework Packet

This packet contains sample materials for the teaching in the video.

Each homework packet for each video contains a place to take notes from the video, questions to ponder, additional exercises and other ideas to consider.

Each packet is a little different, and I've included a few extra teaching things here from a few other packets.

Enjoy! And we hope to see you in the course!

5 Ways to Use In-the-Moment Anger to Grow Our Relationships

Of course we're not saying that we purposely want to get angry. However, how can we turn those moments into an opportunity to learn more about that other person or to grow closer?

Step 1:

Step 2:

Step 3:

Step 4:

Step 5:

5 WAYS TO USE IN-THE-MOMENT ANGER TO GROW YOUR RELATIONSHIPS

I shared these techniques in the video, but I wanted you to have access to these materials here because these they're a great reminder that anger doesn't have to be a negative emotion. In fact, we can use frustration with family members or friends to grow our relationships!

When faced with confrontation, use these tools to stay calm, rational and to discover new avenues of relationship growth:

- 1) **Stay calm and assess.** Ask yourself, "What are the big issues here?" Try to look past the emotion of the moment and identify the core issue of both why you are angry and why that other person is angry. How can this issue become a new way for you to serve one another in love or to compromise to find a solution that works for everyone?
- 2) **Remember what is true.** When we're in the heat of an anger moment, it's normal for us to feel as if we're being personally attacked. In most cases, the other person isn't intending to harm us, but they are letting their emotions get the best of them. There have been times I've had to tell that other person (and myself), "I know he/she loves me, and this is just his/her emotions talking." When I can remember this truth, it gives me added motivation to stay calm.
- 3) **Listen and validate.** It sounds simple, but one easy way to turn an angry moment into a growth opportunity is to simply listen and validate the other person's emotions. My favorite way to do this is, after the other person has shared their thoughts, to say, "If I'm understanding you correctly then (summarize what they said). Is that correct?" This demonstrates to the other party that you are indeed listening and hearing their side of the situation. I often then transition to something like, "If that's true, then... (and I give an idea)."
- 4) **Should it be addressed or not?** In the Bible, Ephesians 4:2 says, "Be patient with each other, making allowance for each other's faults because of your love." You may have good reason for your anger, but it's also important to give our loved ones space to be imperfect.

While we can still share our frustrations with them, we need to give them room to make mistakes and to be a work in progress. There have been many times when I have been angry, considered this principle and then chosen to not share my frustrations with that other person because I've either already addressed the topic with them or I know that they might just be having a bad day and I'm willing to overlook it for the sake of peace in the relationship.

- 5) **Timing is everything!** If you do choose to address the issue, it may not be best to deal with it in the heat of the moment. That may mean walking away from the situation so that both parties can cool down. For example, I've often found that my kids are much more receptive to hearing my concerns about their behavior after the frustrating moment has passed. What would have been a huge battle often becomes a loving, teachable moment when I'm able to share my thoughts later on when their hearts are soft.

Thoughts to Consider:

What has been working for you so far?

What techniques would you still like to experiment with?

In what ways do you need to give yourself more permission?

Has the process so far been frustrating for you?

Are there areas in which you feel like you're still stuck? Explain and try to identify some of the root causes of that.

What can you celebrate today, even if it feels like a "little" thing?

What was your biggest takeaway from the Day 5 video?

ESSENTIAL OILS THAT HELP WITH STRESS OR ANGRY EMOTIONS (DAY 4)



There are a few essential oils I reach for when I feel stress or anger mounting.

Apply a few drops of these oils to your wrists, behind your ears, or on your feet throughout the day to encourage peace and to instill calm.

You can also add a few drops to a room diffuser so that the scent permeates the entire room.

Lavender. This is my go-to oil when I want to establish calm or anyone in our home is dealing with stress. It's simple scent helps bring out of control attitudes down a notch.

Orange. This oil brightens and encourages a light-hearted spirit. Add a drop to your water in the morning as a flavor enhancer and to help start your day off on the right foot.

Petitgrain Bigarade. This oil (also known as) is an excellent antidepressant. Since it is made from the leaves of the Bitter Orange tree, its smell is similar to Orange.

Clarity oil blend. This blend is also wonderful! It's a great oil to reach for when you're feeling a little emotional and need to sort through some difficult issues. Clarity contains Lime, Bergamot, Cedarwood, Patchouli and Jasmine oils.

Feminine Aid oil blend. Designed to help balance feminine emotions and menstrual cramps, Feminine Aid can also be used anytime to bring mental clarity and restoration during stressful moments. With a blend of Vetiver, Clary Sage, Sandalwood, Petitgrain Bigarade and Lemon (plus a few other oils), Feminine Aid has a sweet, floral scent.

Rocky Mountain Oils are my favorite essential oils because they offer high quality oils that you can purchase directly (without a consultant). Plus they offer free shipping everyday on all products, ongoing sales and specials, and a 100% guarantee (try an oil and return it if you don't like it!).