

**Wise Up**  
**How Do I Learn To Handle Anger Well?**

**Proverbs 13:3** *Those who control their tongue will have a long life; opening your mouth can ruin everything.*

**Proverbs 14:29** *People with understanding control their anger; a hot temper shows great foolishness.*

a) Learn to hold back \_\_\_\_\_

**Proverbs 29:11** *Fools vent their anger, but the wise quietly hold it back.*

Key: When you feel yourself triggered \_\_\_\_\_

- \_\_\_\_\_  
**Proverbs 17:28** *Even fools are thought wise when they keep silent; with their mouths shut, they seem intelligent.*

- \_\_\_\_\_

- Ask yourself \_\_\_\_\_: \_\_\_\_\_

**Proverbs 15:28** *The heart of the godly thinks carefully before speaking; the mouth of the wicked overflows with evil words.*

b) Learn how to \_\_\_\_\_

**Proverbs 15:18** *A hot-tempered person starts fights; a cool-tempered person stops them.*

**Proverbs 29:8** *Mockers can get a whole town agitated, but the wise will calm anger.*

Key: Use \_\_\_\_\_

**Proverbs 31:26** *When she speaks, her words are wise, and she gives instructions with kindness.*

**Proverbs 15:1** *A gentle answer turns away wrath, but a harsh word stirs up anger.*

**Proverbs 16:21** *The wise are known for their understanding, and pleasant words are persuasive.*

\_\_\_\_\_ and \_\_\_\_\_