

Cooling Your Hot Buttons: Principles and Strategies for Managing Anger

BYU Families Under Fire
2002 Conference

www.turningpointi.com

Principle:

It's tempting to look
for outside
explanations for our
behavior

“I love you, not only for who you are, but for who I am when I’m with you.”

“I can’t stand you, not so much for who you are, but for who I am when I’m with you.”

toxic

Strategy:

Take Radical
Responsibility

Free w/ x from

Principle:

Elder Neal A. Maxwell

“I believe that sin is a special form of insanity, that it reflects a kind of ‘blackout’ in which we either lack perspective about the consequence of our thoughts, words, and actions, or we lose it temporarily.” (Ensign, Apr. 1974, 21)

Strategy:

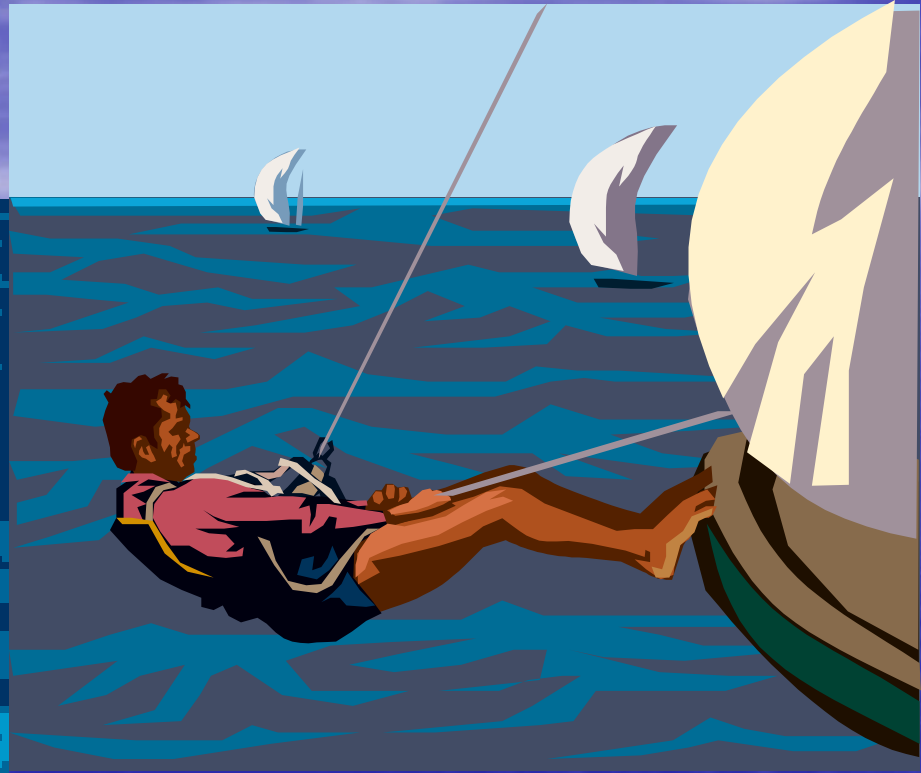
The “99 Votes to One” Technique

- If we can't prevent the insanity of anger's, at least we can learn to recognize and adjust for it.
- The same kind of adjustment we make when we look in the passenger side rearview mirror.

Principle:

Whenever we try to
control something or
someone, we permit
ourselves to be
controlled by them

W. Craft



6 ct

Serenity Prayer

“God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.”

Insanity Prayer

“God grant me the serenity of having relationships with people I can change, the courage to keep trying to avoid the inevitable, and the wisdom to figure out how to control more than I’ve ever been able to control before.”

EX: W. Craft

Strategy:

Surrender

Prayers

D.W. IT

Principle:

Things that really
push our “hot
buttons” control our
breathing

Bikes Driveway

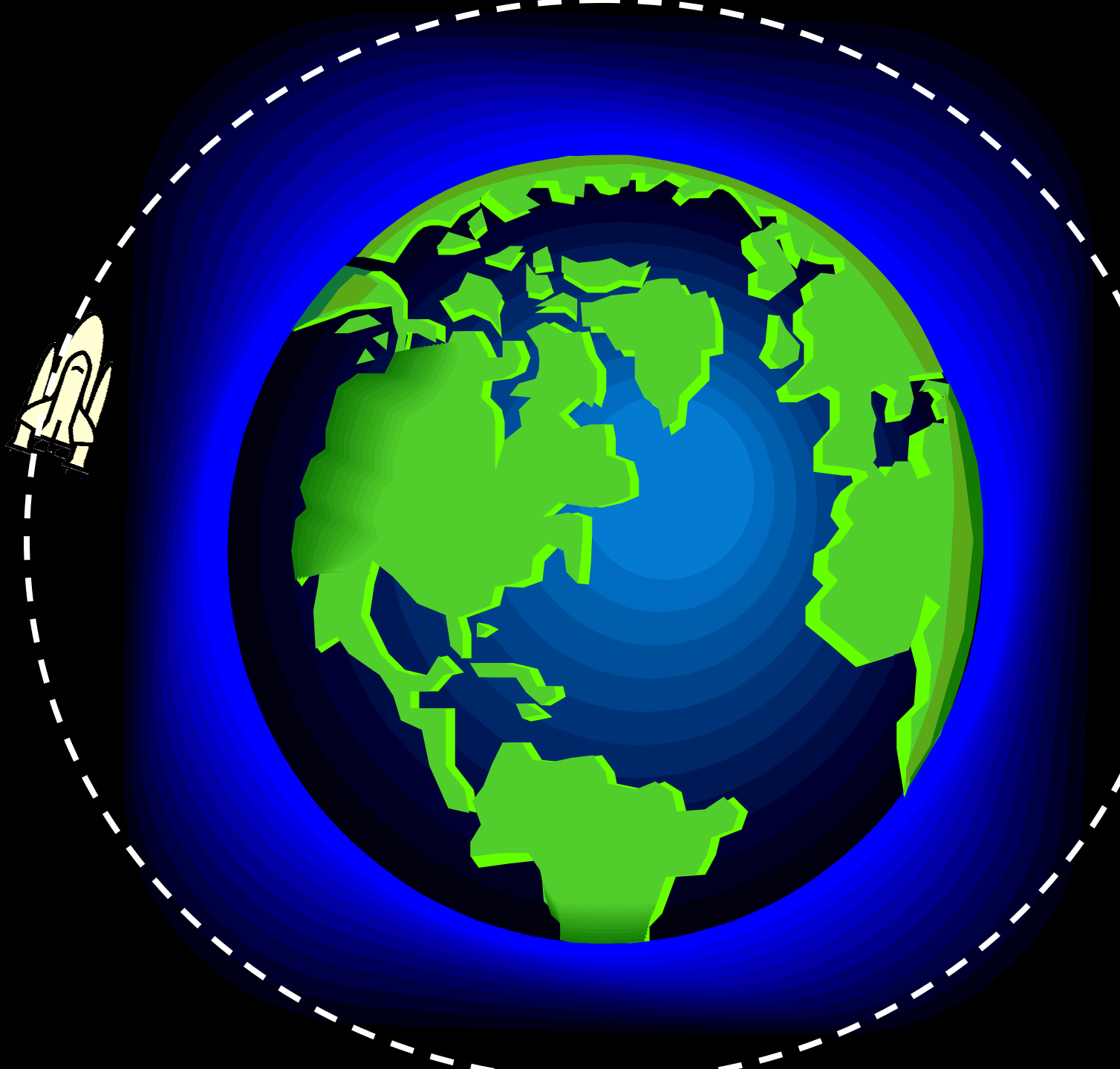
Strategy:

Don't depend on
anything but God
for your Breath

Bedtime

Principle:

To focus on
changing behavior is
to begin too far into
the chain of events







Bible Dictionary--Repent:

“A change of mind and heart that brings a fresh attitude toward God, oneself, and life in general.”

Strategy:

Focus primarily on
a change of heart,
not behavior
change

President Ezra Taft Benson:

“The Lord works from the inside out. The world works from the outside in. ... The world would shape human behavior, but Christ can change human nature.”

Principle:

Sin is often a
misguided attempt to
meet a legitimate
need.

President Spencer W. Kimball

“Jesus saw sin was wrong but was also able to see sin as springing from deep unmet needs on the part of the sinner. ... We need to be able to look deeply enough into the lives of others to see the basic causes for their failures and shortcomings. (Teachings of Spencer W. Kimball, p. 481).

CASE: CW

President David O. McKay

“Next to the bestowal of life itself, the right to direct that life is God’s greatest gift to man.”

Strategy:

Seek to identify and
meet the needs that
fuel temptation

Principle:

We make most
changes gradually
and painstakingly
over time.

“I am not calling for
flashy, temporary
differences in our
performance levels, but a
quiet resolve ... to do a
better job.”

--President Spencer W. Kimball

Strategy:

Think “Slow Cure”
instead of
“Quick Fix”

James E. Faust, "The Atonement: Our Greatest Hope," *Ensign*, Nov. 2001, 18

- Acknowledge that we don't have what it takes to make the progress that is needed.
- Accept that the process will be a gradual one.
- Keep a place in our heart for what is needed, and when it comes, welcome it in.
- Exercise faith and treat prayer as an endeavor.
- Trust that the Lord is by our side throughout the effort.

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