

# Anger “Hot Button” List

“Adapted from Lou Priolo, *Complete Husband*, p.115-116

Name \_\_\_\_\_ Date \_\_\_\_\_

It is our responsibility to not become bitter and angry towards other people. Let’s see if we can identify exactly what it is that provokes you to anger.

1. Place a check next to the items below that push your “hot button.” As you look at these items, ask yourself what it is that you want most from other people around you, and what it is that provokes an angry response in you when you don’t get it.

- |  |   |
|--|---|
| <input type="checkbox"/> To be more respectful to me               | <input type="checkbox"/> To not challenge my decisions                                |
| <input type="checkbox"/> To support my decisions more              | <input type="checkbox"/> To spend less time on the phone                              |
| <input type="checkbox"/> To not be so bossy with me                | <input type="checkbox"/> To not be so worldly   |
| <input type="checkbox"/> To be more trusting of me                 | <input type="checkbox"/> To be more involved in church                                |
| <input type="checkbox"/> To not be a people-pleaser                | <input type="checkbox"/> To not disagree with me in the presence of others            |
| <input type="checkbox"/> To be more discreet                       | <input type="checkbox"/> To not expect me to read their mind                          |
| <input type="checkbox"/> To be more affectionate                   | <input type="checkbox"/> To not be so serious   |
| <input type="checkbox"/> To better control their temper            | <input type="checkbox"/> To better control their tongue                               |
| <input type="checkbox"/> To be less perfectionistic                | <input type="checkbox"/> To not be anxious  |
| <input type="checkbox"/> To take better care of their appearance   | <input type="checkbox"/> To not forget important things that I tell them              |
| <input type="checkbox"/> To be more attentive to me                | <input type="checkbox"/> To not have unrealistic expectations                         |
| <input type="checkbox"/> To be more of a giver/less of a taker     | <input type="checkbox"/> To be more godly   |
| <input type="checkbox"/> To be more patient with me                | <input type="checkbox"/> To be less critical  |
| <input type="checkbox"/> To be more self-disciplined               | <input type="checkbox"/> To be more forgiving   |
| <input type="checkbox"/> To be more gracious                       | <input type="checkbox"/> To understand the pressures of my job                        |
| <input type="checkbox"/> To ask for my opinion more                | <input type="checkbox"/> To try harder to please me                                   |
| <input type="checkbox"/> To better prioritize their spiritual life | <input type="checkbox"/> To follow my instructions more carefully                     |
| <input type="checkbox"/> To be more punctual                       | <input type="checkbox"/> To be less career-oriented                                   |
| <input type="checkbox"/> To not have to have the last word         | <input type="checkbox"/> To not waste so much time                                    |
| <input type="checkbox"/> To be more grateful                       | <input type="checkbox"/> To take more interest in my friends<br>or leisure activities |
| <input type="checkbox"/> To not be so moody or temperamental       | <input type="checkbox"/> To be closer to me than anyone else                          |
| <input type="checkbox"/> To verbally express more love for me      |   |
| <input type="checkbox"/> To admit when they’re wrong               |   |

2. Now that you’ve identified your ‘hot buttons’ (your idolatrous desires) you must work on **dethroning your idols**. You must prayerfully and actively replace those inordinate desires with desires that are in accordance with pleasing and glorifying God, rather than pleasing and glorifying yourself. You must learn to change the way you think about your desires and the extent to which you think the people around you must meet them.

Rather than thinking, “This person is a... (insert your favorite word) for not giving me what I want,” you must learn to think, “Having a person in my life who doesn’t...(insert your inordinate desire), is not the worst thing in the world. I must learn to love the Lord and to love them more than I love my...(insert your inordinate desire).”