

APPENDIX 1

HEART JOURNAL (ANGER)

1. What happened to provoke me to anger? (What were the circumstances that led to my becoming angry?) 發生了什麼事情導致我發怒?

2. What did I say to myself (in my heart) when I became angry? (What did I want, desire, or long for, when I became angry?) 我在心裏對自己講了什麼話? (當時我特別想要得到什麼卻得不到, 因此而生氣?)

3. What does the Bible say about what I said to myself when I became angry? (What does the Bible say about what I wanted when I became angry?) 聖經對我的這些想法說了什麼? (關於我特別想要得到的東西, 聖經是怎麼說的?)

4. What should I have said to myself when I became angry? (What should I have wanted more than my selfish/idolatrous desire?) 當我生氣的時候，我應該對自己說什麼？(哪些其他東西是比我自私的偶像更加重要？)

5. What have I done about my thoughts, desires and actions that were not pleasing to God? (acknowledge, confess and repent) 在我不討神喜悅的事情，我有什麼反思(認罪悔改)

6. What will I do (practice) to implement my new thought into action (be specific and concrete). 將來遇到類似情況，我將如何執行新的思想 (寫的實際具體)

APPENDIX 2

SAMPLE HEART JOURNAL (ANGER)

1. What happened to provoke me to anger?
(What were the circumstances that led to my becoming angry?)

I was shooting baskets in our drive way when my dad stuck his head out of the back door and insisted that I come in to begin my homework. He told my friend who was shooting with me to come back tomorrow.

2. What did I say to myself (in my heart) when I became angry?
(What did I want, desire, or long for, when I became angry?)

I'm right in the middle of a game.
I can't believe he's spoiling my fun.
I hate it when he does that.
He's always running my friends off.
It's my life! Why doesn't he let me do what I want to do!
(I wanted to finish playing basketball with my friends. I wanted to have fun. I wanted to decide when I should play and when I should do my homework.)

3. What does the Bible say about what I said to myself when I became angry?
(What does the Bible say about what I wanted when I became angry?)

The Bible says my thoughts were sinful:
- Selfishness, - Hatred, - Dishonesty, & - Rebellion
(The Bible says my desires were idolatrous in that I was a "lover of pleasure" more than a "lover of God". Also, since I desired to "control" that which He did not give me the responsibility to control, I "loved to be in control" more than I loved God.)

4. What should I have said to myself when I became angry?
(What should I have wanted more than my selfish/idolatrous desire?)

I could have said to myself, "I'm right in the middle of a game. Perhaps, I can appeal to Dad to let me finish the game before I start my homework. If not, I'll have to assume the Lord has other plans for my time. One thing is sure - my having fun is not as important to God as is my honoring my father. It will be nice when my father trusts me to keep my own schedule and to make my own decisions. The more I obey him the more likely he will be to trust me." (I should have desired to love God more than loving the pleasure of playing basketball. I should have desired to be more like Christ and submit to my father's will than to have desired to sinfully impose my will on his.

5. What have I done about my thoughts, desires and actions that were not pleasing to God? (acknowledge, confess and repent)

"Heavenly Father, I humbly bow in Your presence to acknowledge and confess my sinful thoughts and actions of Please forgive me and grant me Your grace as I seek to repent in my thinking and actions, In Jesus name, Amen."

6. What will I do (practice) to implement my new thought into action (be specific and concrete).

- I can work on a daily schedule to plan the time to do my homework and give a copy to Dad.

- I can be respectful and obedient at all times.

- If Dad doesn't have all the facts, I will be respectful and willing to obey, but I could make a godly appeal if I think he is missing some vital information.

- If Dad makes a habit of embarrassing me in front of my friends, I will seek to talk with him about it in a very respectful way.