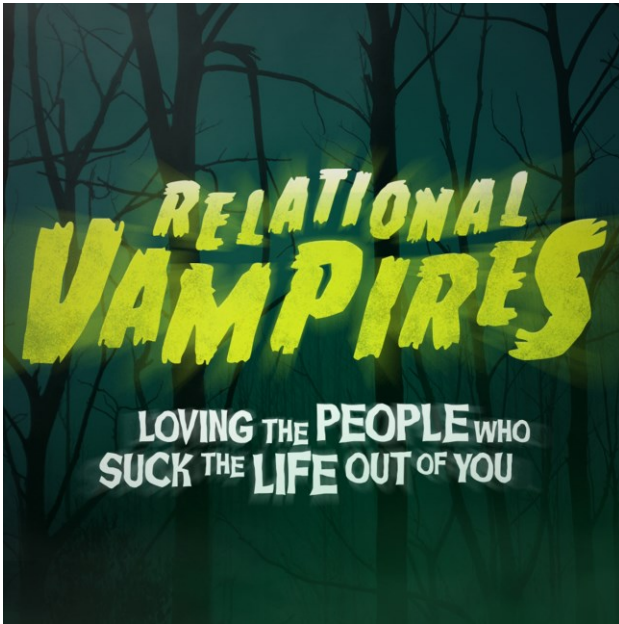


# Relational Vampires

Part 3:  
How to Disarm Your Button-Pushers



Dr. Jeff King  
Christ Lutheran Church  
Southwick, Massachusetts

# Relational Vampires

## How to Disarm Your Button-Pushers

### 1. Calculate \_\_\_\_\_.

"An angry person causes trouble and a person with a quick temper sins a lot." (Proverbs 29:22)

"Hot tempers cause arguments." (Proverbs 15:18)

"Anger causes mistakes." (Proverbs 14:29)

"People with hot tempers do foolish things." (Proverbs 14:27)

Life Lesson: When you lose your temper, you always lose.

### 2. Look past their \_\_\_\_\_ and see their \_\_\_\_\_.

"A wise man is patient; and it is to his credit when he overlooks an offense." (Proverbs 19:11)

Life Lesson: Hurt people hurt people.

### 3. Think before \_\_\_\_\_ .

“Sensible people always think before they act.” (Proverbs 13:6)

“A fool gives full vent to his anger, but a wise person quietly holds it back.” (Proverbs 29:11)

#### The Root Cause of Anger

- The first cause of anger is \_\_\_\_\_.
- The second cause of anger is \_\_\_\_\_.
- The third cause of anger is \_\_\_\_\_.

Life Lesson: If you really want to understand what’s going on, look past the behavior and look at the root cause.

### 4. Ask \_\_\_\_\_ .

“Lord, help me control my tongue; help me be careful what I say.”  
(Psalm 141:3)

Say a simple two-word prayer: “Help me.”

Life Lesson: The heart of the problem is a problem of the heart.

Next Week  
**Resolving Conflict**  
*Relational Vampires – Part 4*



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