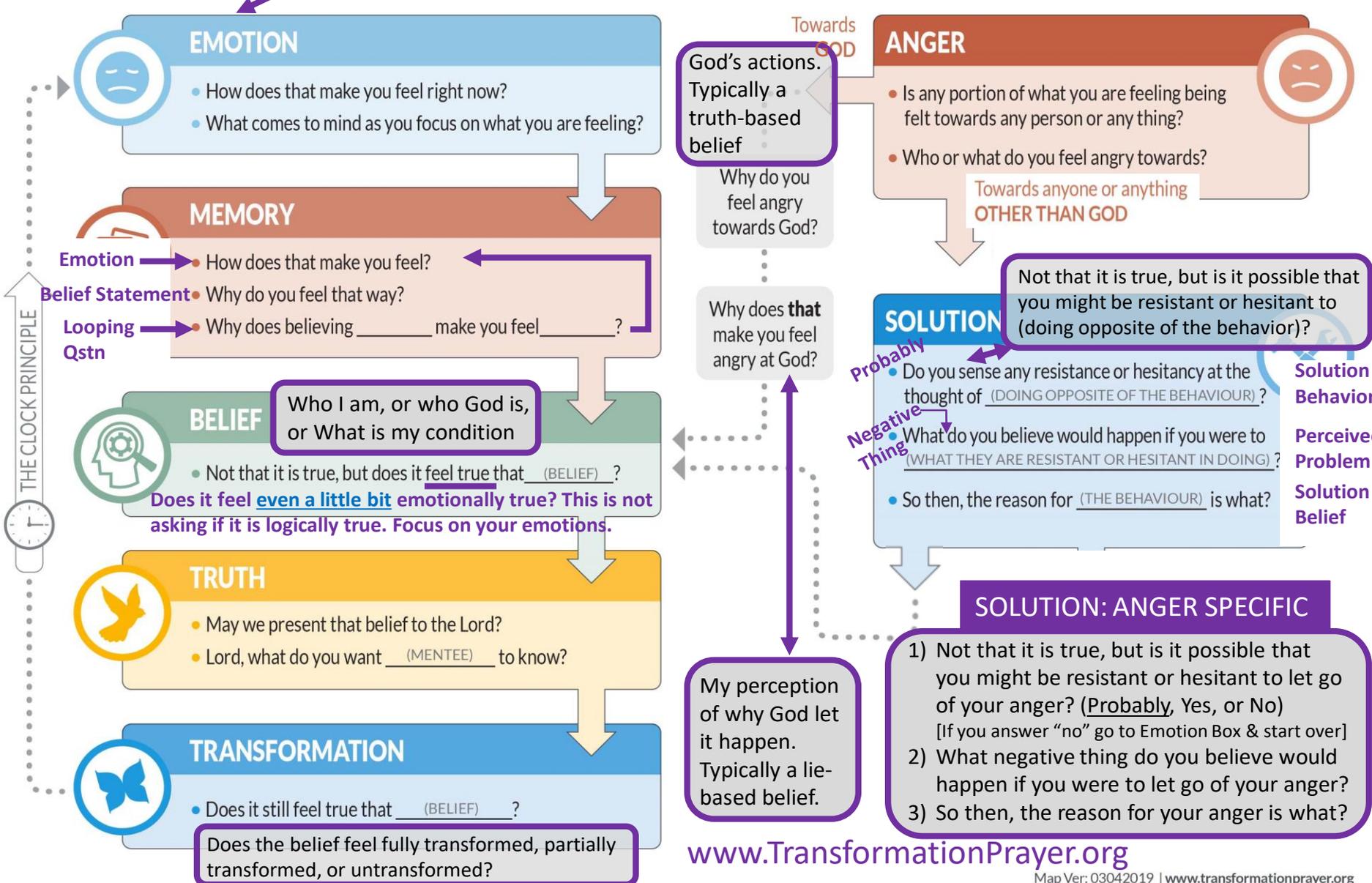


TPM Process Map

If you feel something, it is because you believe something. If you feel something, then you can remember all the details that formed the belief.



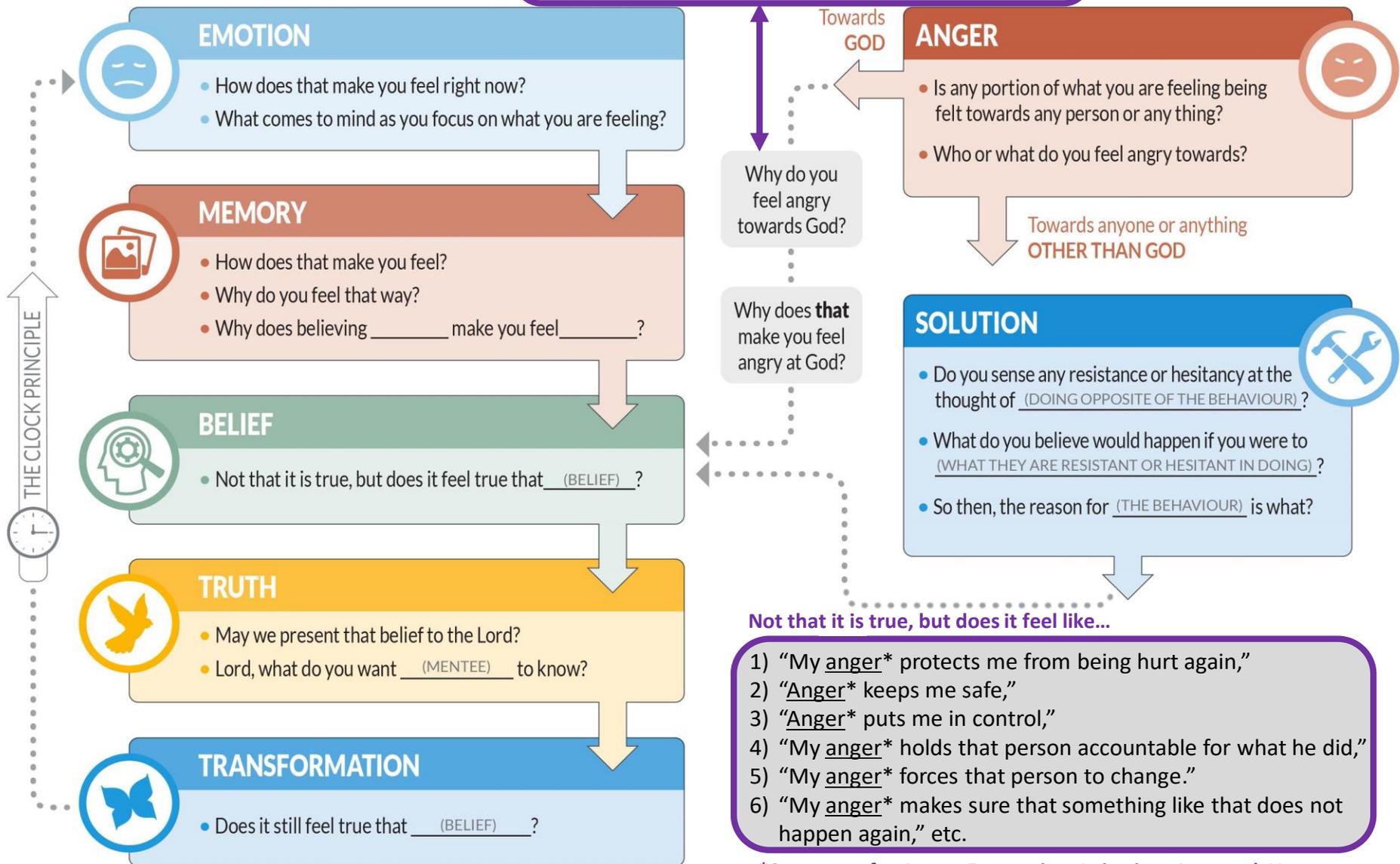
Not that it is true, but does it feel true that you are angry at God ...



TPM Process Map

www.TransformationPrayer.org

- 1) For allowing it to happen?
- 2) For not protecting you from the person who hurt you?
- 3) For not stopping or punishing the person who hurt you?
- 4) For not changing the other person?
- 5) That He allowed you to make the choice that you made?



*Synonyms for Anger: Frustration, Irritation, Annoyed, Upset