

QC0049SN - The List - Let Your Anger Have It's Way

We are still in a series called "The List." Which refers to a list of ways you can lose your marriage. This list is based on information gleaned from over 20 years of counseling records and 20 years of watching marriages fail.

And today we're going to be looking at anger. Letting your anger have its way is a sure way to lose your marriage, because anger is caustic to marriage at best and dismantling to marriage at worst. Being angry is not the problem. The problem occurs when we handle our anger poorly. In this episode you will learn ways in which we handle anger poorly, and some ways we can handle it better.

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