

# Behavior Changes to Bring Choleric Closer to God

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- Forgive old painful memories and replace them with good, joyful ones. This will break the circle of anger and vengeance.
- Deal with anger constructively. Choleric will lash out at others with an **angry, cruel temper**. They must never allow themselves to **hurt people physically or emotionally** when angry.
- Submit to God. They will rebel against God when they believe He is taking too much control of their life. This only breeds misery.
- Submission unlocks the potential for achievement God has placed within them.
- Recognize the rights and feelings of others according to the ordinances of God. They will walk over the rights and feelings of others to gain profit and power.
- Make their behavior pleasing to God. They have a tendency to undertake poor or sinful behaviors to maintain control of other people.
- Pray for the Fruit of the Spirit, i.e., love, joy, peace, etc. so they can learn to understand and feel the emotions that are lacking in their temperament. They cannot understand or empathize with the deep, tender feelings of others.
- Dedicate all achievements to God and seek His recognition. This will lessen their dependence on man for recognition.
- Look at others with the *“Eyes of Christ.”* This will give them permission to be imperfect and lessen criticism.

An Excerpt from:

**Creation Therapy**

A Biblically Based Model for Christian Counseling

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