

# What the Choleric Can Do for Themselves

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- Deal with their anger constructively.
- Find life situations where they can achieve things and receive recognition for the services they render.
- Find life situations where their need for accomplishments can be obtained.
- Recognize the rights and feelings of others.
- Submit to authority, especially that of the Lord, while maintaining control of their own personal lives.
- Recognize the needs of others while showing love and affection, that is, not just giving love as a means of manipulation.
- Trust others and accept them as they are.
- Delegate responsibility in order to lessen the possibility of burnout.
- Refrain from using love and affection to control others.
- Only control others by good behavior, such as love, compassion and encouragement, instead of abusive behavior.
- Learn how to forgive so they can release pent-up anger and painful memories that can fuel their vengeance.
- Learn to use the high control God gave them to control themselves, not others.

An Excerpt from:

**Creation Therapy**

A Biblically Based Model for Christian Counseling

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