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*Help & Answers*

VintageHomeschoolMoms.com

## When Life Crashes IN –

### Discussing Anger Management & Disappointment

#### From Meredith

1. Pray – pour your heart out to God
2. Be Proactive in Fixing What You Can
3. Praise & Worship Over the Situation - & Hold On!

#### From Felice

1. God Knows – rest assured that God already has a handle on the situation even if you do not! Pray – just say the name of Jesus!
2. Mentally think or say Plan B.
3. Control – We do not control our lives

#### Your Ideas:

- 1.
- 2.
- 3.
- 4.
- 5.



Felice Gerwitz



Meredith Curtis

#### Notes

[Meredith Curtis](#) is a Christian wife & mother. She is an author, publisher & hosts the [Finish Well Conference](#) each year in Orlando Florida.

[Felice Gerwitz](#) is an author, a publisher (Media Angels, Inc.) and the founder of the [Ultimate Homeschool Radio Network](#).