

# FamilyLife Blended® Radio Transcript

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## Misplaced Frustration: Scapegoat 1

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**Ron:** We've all done it. We've all taken our anger out on someone who didn't deserve it. But why?

**Announcer:** For FamilyLife Blended®, here's Ron Deal.

**Ron:** Well, there's a few reasons: Frustration is not a patient emotion so it tends to erupt on whoever is right in front of us. It's also safer to be frustrated at people who are less valuable to us. But then again, sometimes it's safer to be frustrated with safe people. You know, people you know can handle your anger and it won't go anywhere.

The point is this: don't scapegoat someone else. Don't take things out on a spouse just because they are standing there or a stepparent just because they are an easy target. Be responsible and talk directly to the person you are frustrated with. That is the only way to make things better. For FamilyLife Blended, I'm Ron Deal.

**Announcer:** To find out more visit [familylifeblended.com](http://familylifeblended.com).

*FamilyLife Blended with Ron Deal* is a production of FamilyLife, of Little Rock, Arkansas. Help for today. Hope for tomorrow.

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