

FamilyLife Blended® Radio Transcript

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Misplaced Frustration: Scapegoat 2

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Ron: Managing our anger starts with not having a scapegoat.

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

Ron: Every time Cassandra's mom failed to show up or follow through on a commitment, she took it out on her stepmom or stepsiblings. It kind of makes sense. Her relationship with her mom was fragile and she didn't want to push her away even further so she'd pick a fight with her stepsiblings or mouth off to her stepmom. Anything but tell her mom how she really felt. So how do things get better?

Well, being responsible for our hurt and anger starts with knowing our fears and not letting them get the best of us. In this case, Cassandra needs to tell her mom how much she misses her and needs her and then pray she responds. And if she doesn't, hopefully Cassandra will let her stepmom help her cry. For FamilyLife Blended, I'm Ron Deal.

Announcer: To find out more visit familylifeblended.com.

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