



## LACEY'S STORY: OVERCOMING FEAR & ANGER

In this episode, Lacey shares her story of how she overcame her addiction to fear, anger, and control. Lacey struggled with a fear that fed her explosive anger producing a need to control people and circumstances.

### INTRODUCTION (00:16)

Lacey — the oldest of seven children — was raised in a large, loud family. Being the oldest, she quickly grew into the role of a third parent.

1. *How would you describe the atmosphere of the home in which you grew up?*
2. *Where are you in the birth order? How did this make you feel growing up?*

### LACEY'S CHANGE OF PLANS (02:33)

Lacey's desire was to go into politics. However, she realized that the motivation for this desire was to control and be in charge.

3. *What hopes, dreams, or aspirations did you have in your early growing up?*
4. *How is this similar or dissimilar to your current situation?*

### LACEY'S ANGER PROBLEM (04:25)

Lacey's fearful mindset fed her habitual anger and controlling behaviors. However, her experience with her family in her growing up years promoted her behaviors as normal.

5. *Whether it's the way a person processes information or the way they behave, what is something that seems completely foreign, confusing, or even wrong to you?*
6. *How do you interact with people who have different attitudes, personalities, or temperaments than you?*

### LACEY'S TRANSFORMATION (06:12)

Lacey's journey to freedom from anger took a long time. It required her to make cognitive decisions and implement thoughtful behaviors. It also required her husband, Nathan, to continually forgive and encourage her.

7. *Think of someone in your life that struggles with an unhealthy mindset or behavior — how might you be able to encourage them with specific positive and affirming words?*
8. *Think of one thing you are struggling with — what is a simple, first-step that you can take in overcoming this unhealthy behavior?*

### LACEY RELEASES CONTROL (08:24)

We all have areas in our life that can make us feel out of control. For Lacey, this often came with her children or her husband's genetic disease — cystic fibrosis.

9. *With whom or in what circumstance are you likely to become anxious, fearful, or feel out of control?*
10. *What steps might you take in beginning to release control of this person or circumstance in your life?*