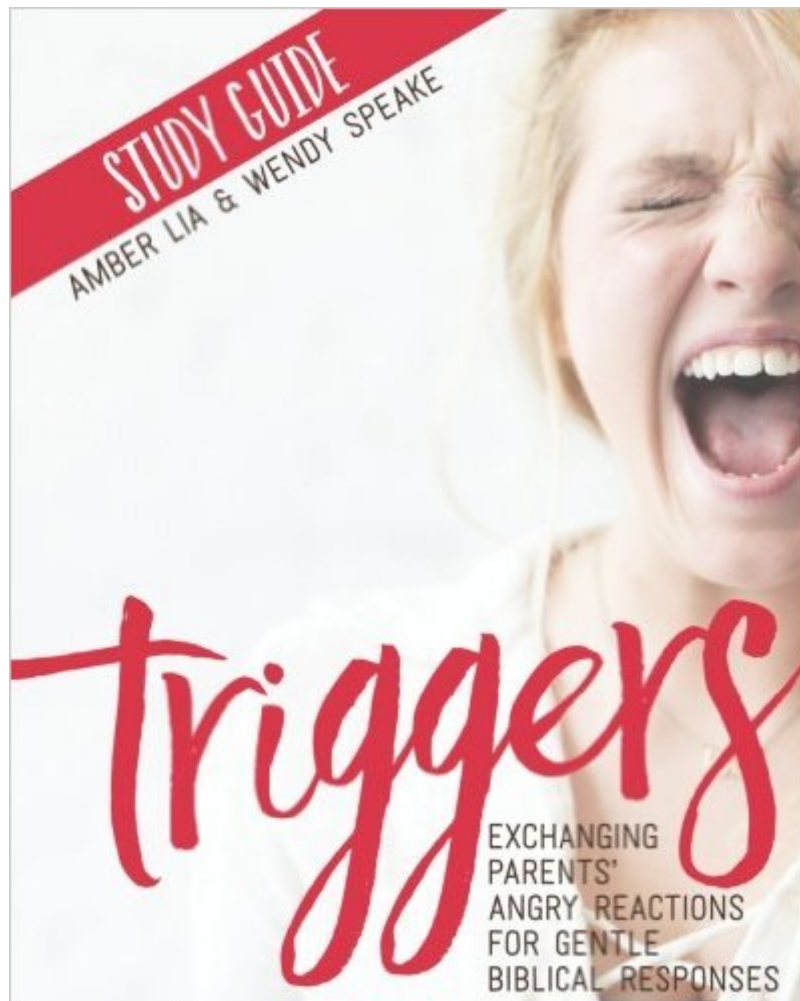


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# Triggers Study Guide: Exchanging Parents' Angry Reactions For Gentle Biblical Responses



## Synopsis

Youâ™ve seen a need for change in your life and youâ™re ready to embark on the journey away from reactionary, quick-tempered parenting. But the path ahead can seem daunting and lonely without a guide or friend to walk with you. Thatâ™s why authors, Amber Lia and Wendy Speake have created this in-depth study guide to accompany their book, *Triggers: Exchanging Parentsâ™ Angry Reactions for Gentle Biblical Responses*. Perfect for individual reflection or a group study setting, this resource features a come-alongside approach to working through external and internal triggers that fuel your struggle with anger. Mirroring the 31-chapter structure of *Triggers*, this study guide will provide you with:

- Rich passages of Scripture to meditate on and tuck into your heart for strength.
- Expanded thoughts on each trigger for further teaching and encouragement.
- Questions to spark personal reflection and to help move you toward action.
- Plenty of room to write out your thoughts and work through the chapter questions.
- Additional space for doodling, writing out prayers or action plans, and more!

If youâ™re seeking real transformation in your parenting and youâ™re willing to do the work to get there â” this study guide will equip, empower, and encourage you along the way!

## Book Information

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## Customer Reviews

I knew something had to change when I looked at my son's face after one of my epic blow ups. I saw fear and then I saw sadness...not what I wanted to see. But how was I to change? I would get so frustrated at my two boys when I was seeming to constantly have to repeat myself. Was I the only mom to feel this way? To react this way? I was ashamed and felt like there was nothing I could

do to change...that is about the same time that God put this book and a group of moms feeling the exact same way in my life! Triggers, has shown me that I am not alone in my reactions but that I can overcome them by leaning in to God's promises and wrapping my self and my boys in God's amazing grace. Reading the book really helped set the tone for change in our home. Reading the book the first time was eye opening and gave me hope that I could love my boys while still bringing discipline without the anger. I am still learning though. So I am reading the book a second time but this time using the Study Guide. The Study Guide is really helping the changes sink in because it allows me to pause and ask tough questions to myself and gives me even more biblical guidance, planting deeper the seeds of change I have been longing for! Thank you to Wendy and Amber for baring their souls and sharing their struggles with us moms to give us hope covered in grace as we all learn to love our kids more like our Heavenly Father loves.

Not only is the TRIGGERS book an amazing tool for parents struggling with angry reactions, now the authors have expanded on it and offered a STUDY GUIDE! It's one thing to read a book, but this takes you in depth and gets to the root. The book helped me recognize the things that TRIGGER me, the study guide helped me focus on God's help and presence while experiencing these TRIGGERS. Thank you to these wonderful women of God for sharing their gift and passion for families.

I just love this study guide! Backed with biblical knowledge, this book discusses how our kids' behavior sets off our anger, and what we can do to combat it. And these suggestions actually work! Oh, I can't say enough good things about Triggers!

The best part about this study guide is that I can keep it on the coffee table and reference all of my notes from reading Triggers. Not only does it help to keep me accountable, but I also use the study guide to share what I learned with my family, because there are SO MANY useful and biblical ways to build up our children, as well as ourselves! Triggers is filled with practical gems that improved the quality of my life with my family, and the study guide works well to serve as a reference when I begin to forget during my busy/chaotic days. I highly recommend buying both together - you will be glad you did!

Triggers is a go-to book for Boy Moms for sure! I was really excited to begin the Study Guide, and it certainly has not disappointed. I feel like I have really gained (and am still gaining) some life skills

from this one.

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