



Video 2: Letting Go of Anger and Accepting What You Cannot Change

Wisdom from the Saints

"If you are suffering from a bad man's injustice, forgive him—lest there be two bad men." – St. Augustine

"Let us always meet each other with a smile, for the smile is the beginning of love." – St. Teresa of Calcutta

The 24-Hour Peace Experiment

Objective:

To help couples experience what it feels like to consciously let go of anger and shift their focus to positive interactions, even in the face of frustrations. This experiment encourages mindful communication and highlights the power of acceptance in relationships.

Instructions:

Step 1: Identify a Recurring Tension Point

- Each spouse takes a moment to reflect on one recurring source of frustration or anger in the relationship (e.g., feeling unheard, unmet expectations, differences in parenting styles, household tasks, etc.).
- Without discussing it yet, write it down in a private journal or note on your phone.

Step 2: The 24-Hour Agreement

- For one full day, both spouses agree to consciously let go of anger in the moment when this tension arises.
- Instead of reacting with frustration, choose one of these alternative responses:
 - **Pause and Breathe** – Take a deep breath before responding.
 - **Reframe the Situation** – Ask yourself, "What if I saw this as a moment for grace rather than conflict?"
 - **Choose a Loving Action** – Give a small, unexpected act of kindness (a smile, a hug, a word of encouragement).



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Step 3: Evening Reflection Together

- At the end of the 24-hour period, sit down together and answer these questions:
 1. What did you notice about yourself during the experiment?
 2. Did choosing peace over anger change the way the situation unfolded?
 3. What was the hardest part?
 4. Did you see any unexpected positive changes in your spouse or the atmosphere in your home?

Step 4: Moving Forward

- Discuss: What is one small way we can continue this habit beyond today?
- End by praying together, thanking God for the grace to choose love over resentment.

🙏 Closing Prayer:

"Lord Jesus, I surrender my anger to You. Teach me to accept what I cannot change and to trust in Your perfect plan. Fill my heart with peace and help me to love as You love. Amen."

Reflection Section: (Write your thoughts below after completing the exercise.)



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