

Anger Management and Forgiveness
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I. What does an angry person look like?

II. Anger train: _____ > _____ > bitterness > malice >

wrath > hatred > revenge > multiple problems

- *destructive behavior
- *psychosomatic illness
- *suicidal ideation
- *depression

III. Emotional buckets

IV. Define anger:

- A. Anger is a _____ emotion given to us by God.
- B. Anger is an emotional reaction that comes in the face of _____.
- C. By expressing the anger that someone feels toward someone or something, most people are standing up for themselves – they are trying to drive home the idea that they _____ to be treated correctly.
- D. Anger is a way of saying, “ _____ ”
 - 1. God-given needs - _____ and _____.
 - 2. We all need to feel _____ and _____.
- E. Anger can start out as a method of _____
But turn into a pattern of _____.
- F. Anger is neither _____ or _____.
Ephesians 4:26
- G. Anger is an emotional _____ that tells a person that something needs to be changed.
- H. Anger is intended to be a _____ motivator to be used in giving one another feedback about how life can be lived more productively.

Aggressive Anger

Seeks to punish person

Does not care about the other person's point of view.

Is stubborn, immovable, and demanding.

Is condemning and judgmental.

Has high expectations of everyone.

Cares about what happens to oneself.

Holds grudges.

Does not notice one's own areas of weaknesses.

Assertive anger

Seeks to help person who does wrong

Tries to be understanding

Is flexible and willing to seek alternatives.

Recognizes we all have faults.

Knows even the finest people
Sometimes makes mistakes.

Cares about the welfare of others.

Knows the value of forgiving.

Recognizes that one can always
Improve.

V. Right role of emotions

Truth : _____.

Faith: _____.

Works: _____.

Feelings: _____.

VI. Steps to anger control

- A. Acknowledge it
- B. Grieve the hurt
- C. Give it to God
- D. Release the person

VII. Reactions to anger

- A. Repress it
- B. Express it
- C. Release it

Before you communicate:

1. Do not attempt to establish your own superiority
2. Make sure anger is constructive
3. Be aware of responsiveness of recipient
4. Consider feelings and circumstances of recipient (timing is everything)!

As you communicate:

1. Discriminate essential from non-essential problems.
2. Confront problems as soon as possible.
3. Stick to the subject.
4. Be honest about your feelings (I statements).
5. Avoid terms of exaggeration.
6. Refrain from character assassination.
7. Listen to understand
8. Give self a time limit.
9. Don't ask loaded questions.
10. Keep positive attitude.
11. Be tactful about when and where
12. Remember that winning is not the goal.

Forgiveness is not about not having negative emotions about someone, or about having good feelings about someone, but rather releasing them from obligation for a debt. This brings peace – then it is a choice to move forward with the relationship with no regard to the past hurt. This does not mean no boundaries. It does mean healthy, honest communication.

Forgiveness is the willingness to let go of _____ or _____ forms of anger, choosing instead to turn over the ultimate resolution of the wrong to God.

Forgiveness is the act of setting someone _____ from an _____ to you that is a result of wrong doing against you.

Injury > debt > cancellation of debt

Reasons people won't forgive:

1. "I'd just be sending the message that he/she can do wrong and get away with it."
2. "This would mean I've got to bury my anger."
3. If I forgive it means the other person wins and I lose."
4. "I guess I'll just have to put a smile on my face and say everything's all right."
5. "I feel that I'm being required to go soft on something that's severely wrong."
6. "One more time I've got to play the good-guy role while the bad guys just skip on their way."

Forgiveness does not mean:

1. Letting go of healthy forms of anger.
2. Allowing others to continue to disrespect your needs and boundaries.
3. Lying down and becoming a human doormat.
4. Telling the wrongdoer that the past is no longer significant and everything's fine now.
5. Agreeing to become best buddies with the wrongdoer.
6. Pretending to go back to normal relations as if nothing happened.
7. Denying that you may still have to live with pain caused by the wrongful deed.

Forgiveness does mean:

1. You will let go of the demand for repayment, particularly as you have exhausted all reasonable attempts at restitution or restoration.
2. You will free yourself to focus on rewarding relationships and pursuits.
3. You will choose to give up any obsessions regarding the wrongdoer, recognizing, instead, that you have better things to give your attention to.
4. You will be willing to refrain from the ongoing temptation to insult the wrongdoer.
5. You will let go of any illusions that you might somehow control the wrongdoer's life.
6. You will be forward-looking about life, realizing that new opportunities await you.
7. You will give yourself permission to make life choices that will lead to contentment and peace.

VIII. Biblical advice

A. Ephesians 4:26-27, 28-30

Don't sin
Don't let the sun go down on your anger
Don't give the devil an opportunity
Don't speak unwholesome words
Don't grieve the Holy Spirit

B. Ephesians 4:31 – 5:2

Do put away all bitterness, wrath, anger, clamor, slander, and malice.
Do be kind to one another
Do be tender-hearted
Do forgive
Do be imitators of God

Helpful books:

Carter, Les. The Anger Workbook. Thomas Nelson Publ., 1992.

Carter, Les. Choosing to Forgive Workbook. Thomas Nelson Publ., 1997.

Carter, Les. Good 'N' Angry: How to Handle Your Anger Positively. Baker Bookhouse, 1983.

Gillham, Anabel. The Confident Woman: Knowing Who You are in Christ. Harvest House Publ., 1993.

Silvious, Jan. Foolproofing Your Life. Waterbook Press, 1998.

Stanley, Charles. The Gift of Forgiveness. Thomas Nelson Publ., 2002.