

# Good And Angry

## How To Deal With Anger In A Healthy Way

**Proverbs 14:29** *People with understanding control their anger...*

### 1. Understand the true price tag of anger

**Mark 10:14** *When Jesus saw what was happening, he was angry with his disciples.*

a) Anger has a physical cost

**Ephesians 4:31** *Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.*

b) Anger has a relational cost

**Proverbs 29:22** *An angry person starts fights...*

c) Anger affects your decision making ability

**Genesis 4:5** *...but he did not accept Cain and his gift. This made Cain very angry...*

### 2. Train yourself to respond not react

**Proverbs 29:11** *Fools vent their anger, but the wise quietly hold it back.*

a) Identify your natural anger reaction

b) Derail your anger

**James 1:19** *Everyone should be quick to listen, slow to speak and slow to become angry...*

### 3. Release your anger in a healthy way

**Psalms 4:4** *Don't sin by letting anger control you. Think about it overnight and remain silent.*

a) Acknowledge that you are angry

b) Explore your anger

c) Begin the forgiveness process

d) Think about God's promises

**Google "Anger iceberg" and "The Feeling Wheel"**

Anger is a physical state of readiness. When we are angry, we are prepared to act. Physiologically, what happens is this: More adrenaline is secreted, more sugar is released, our hearts beat faster, our blood pressure rises, and the pupils of our eyes open wide. We are highly alert. So when we are angry, all the power of our person is available to us. Preparedness and power. (Make Anger Your Ally)

### 4 Types of Anger Reactions

**Exploder:** I lose my cool and let it fly.

**Denying:** My body's a mess, but I'm not angry. They deny anger.

**Self-punishing:** When things go wrong, it's nearly always my fault. I'm to blame for everything.

**Underhanded:** Don't be obvious, but get 'em good. Pouting and sarcasm and withdrawal.

### Common Tools For Derailing An Anger Response

\*Count to 100

\*Talk to a friend or counselor (without gossiping)

\*Walk away or call a time-out

\*Deep breathing for five minutes

\*Create a trigger word when you feel yourself getting angry

\*Never send an email in anger or post on Facebook. Wait 24 hours and have a wise friend read it over.

### Questions for Exploring Your Anger

1) Why am I angry? Am I hurt, frustrated or scared?

2) What do I want from this encounter?

3) How can I get what I want? Is my strategy effective? Does my strategy make me more like Jesus?

**Ecclesiastes 7:9** *Only fools get angry quickly...*

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