

Listen To This
#4: How To Respond When You Are Angry

1. _____
Ephesians 4:26 And “don’t sin by letting anger control you.” Don’t let the sun go down while you are still angry, for anger gives a foothold to the devil.

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

Key: _____

Key: NEVER _____ when you are angry

2. Let your anger _____
Ephesians 4:31 Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior.

- _____ your feelings
- Practice _____
- Ask “What do I _____?”

3. Use your words to _____ of others
Proverbs 29:8 Mockers can get a whole town agitated, but the wise will calm anger.

a) _____

Proverbs 15:1 A gentle answer deflects anger, but harsh words make tempers flare.

b) _____

Proverbs 14:29 People with understanding control their anger; a hot temper shows great foolishness.

Key: What’s _____?

4. _____
Proverbs 16:21 The wise are known for their understanding, and pleasant words are persuasive.

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1. Am I truly understanding the other person?

Perhaps you misunderstood. Maybe you assumed inaccurately that he or she intended to hurt you with their comment. Maybe you really got angry because her posture reminded you of that teacher years ago who used to berate you. Stop and think.

2. Are my expectations reasonable?

Larry grew up in a household where his Mom was a full-time housewife. She cleaned every day and expected him to help. Now his wife works full-time and they have a 2-year-old son. He gets angry at her when anything is out of place. Is he being reasonable? Sarah expected her adult daughter to call her every day. Is that realistic? Examine your expectations, and change them, if appropriate.

3. Am I angry at the right person?

Stress can build up from a hundred little annoyances during the day. You're angry at your boss, but you can't express it or you'll lose your job. The weather is cloudy and cold; the traffic is slow and irritating on the way home. Then when your son leaves his bicycle in the driveway, you blow up. Breathe deeply.

4. Is my anger getting me what I want?

Alex spent much of his time at home yelling at his wife and his kids. What he wanted was a cooperative family. What he was getting was a distant relationship with everyone. His wife was contemplating divorce. His children resented him and never talked to him for fear that he would start yelling. If anger is not working, try calm dialogue.

5. Is my anger out of proportion to the offense?

Teresa had a way of making mountains out of molehills. Every little inconvenience was a great catastrophe that she complained angrily about to her friends. Her friends learned to tune her out or avoid her. For this kind of anger, the deeper question is, are you going to spend your life angry because the world does not conform to your needs, or are you going to accept the fact that real life circumstances are often inconvenient and sometimes difficult? Accept life as it is.

6. How are they feeling?

That is, how are the objects of your wrath feeling? Are your children feeling oppressed and unloved? Is your employee feeling hopeless and frustrated? Is your spouse feeling irritated and resentful? Empathy can make us stop in our tracks and try a different strategy.

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7. Can I really change this situation?

You are only one person in a great big world. You have some power, but it is limited. You may be wasting your energy being angry.

Twelve step groups use this helpful prayer by Reinhold Niebuhr: “God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to tell the difference.” Practice wisdom, not anger.

Prov 14:17 Short-tempered people do foolish things,
and schemers are hated.

Proverbs 12:18 *Some people make cutting remarks, but the words of the wise bring healing.*

consider the following:

1. **What am I not getting that I believe I really need, want, or deserve?**

We get angry if traffic is heavier than we thought. After a long day, we get angry with our kids if they are not being quiet enough. Our spouse disagrees with us. Another interruption at the office interferes with our train of thought. Each of these can disrupt what our hearts really want – control, comfort, the need to be right, etc. The problem with most of our desires is that they are focused on us.

2. **What do I have that am I fearful of losing?**

Sometimes anger reveals not what we want, but what we have, and are afraid of losing. Maybe it’s a sense of control, someone’s approval, or security. Often times when what we value most is threatened, we act out in anger to protect losing it. Is your anger revealing something you are fearful of losing?

“What am I really angry about?”

“What is the problem, and whose problem is it?”

“How can I sort out who is responsible for what?”

“How can I learn to express my anger in a way that will not leave me feeling helpless and powerless?”

“When I’m angry, how can I clearly communicate my position without becoming defensive or attacking?”

“What risks and losses might I face if I become clearer and more assertive?”

“If getting angry is not working for me, what can I do differently?”

These are the questions I address in [*The Dance of Anger*](#)(link is external), *not* with the go

2 Timothy 2:23 *Again I say, don’t get involved in foolish, ignorant arguments that only start fights.*

Proverbs 31:26 *When she speaks, her words are wise, and she gives instructions with kindness.*

1. What am I thinking? (Basal ganglia- integrates feelings, thoughts and movements). 2. What am I feeling? (Basal ganglia- integrates feeling thoughts and movements) Temporal Lobes – emotional stability, name it to tame it – labeling affect.) 3. What do I want now? (Cerebellum – executive functions connects to Prefrontal Cortex (PFC), cognitive integration). 4. How am I getting in my way? Prefrontal Cortex – learning from mistakes. 5. What do I need to do differently now? (Prefrontal Cortex –the boss supervision of life – executive functioning planning goal setting, insight) (Anterior Cingulate Gyrus brain’s gear shifter– sees options go from idea to idea).

Proverbs 26:5

Be sure to answer the foolish arguments of fools, or they will become **wise** in their own estimation.

Proverbs 10:13 *Wise words come from the lips of people with understanding...*

1. **Develop a wise mind**

Proverbs 16:23 *From a wise mind comes wise speech;*

Proverbs 14:3 *A fool's proud talk becomes a rod that beats him, but the words of the wise keep them safe.*

Proverbs 19:20

Get all the advice and instruction you can, so you will be **wise** the rest of your life.

Proverbs 12:14

Wise words bring many benefits

Proverbs 13:14

The instruction of the **wise** is like a life-giving fountain;

Proverbs 24:6

So don't go to war without **wise** guidance; victory depends on having many advisers.

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Proverbs 4:5

Get wisdom; develop good judgment. Don't forget my words or turn away from them.

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

Proverbs 4:7

Getting wisdom is the **wisest** thing you can do! And whatever else you do, develop good judgment.

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

Proverbs 13:20

Walk with the **wise** and become **wise**; associate with fools and **get** in trouble.

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

Proverbs 16:16

How much better to **get wisdom** than gold, and good judgment than silver!

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

Proverbs 19:20

Get all the advice and instruction you can, so you will be **wise** the rest of your life.

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Proverbs 21:20

The **wise** have wealth and luxury, but fools spend whatever they **get**.

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

Proverbs 23:4

Don't wear yourself out trying to **get** rich. Be **wise** enough to know when to quit.

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

Proverbs 23:23

Get the truth and never sell it; also **get wisdom**, discipline, and good judgment.

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

Proverbs 29:8

Mockers can **get** a whole town agitated, but the **wise** will calm anger.

Proverbs 13:3

Those who control their **tongue** will have a long life; opening your mouth can ruin everything.