

404 - Anger

I. Introduction

I was angry with my friend;
I told my wrath, my wrath did end.
I was angry with my foe;
I hid my wrath, my wrath did grow.

Great atrocities are attributed to crazed men--Hitler, Stalin, terrorists, etc. But, studies suggest that ordinary people can become evil enough to discriminate against, hurt, and brutalize others. As has been documented, ordinary Germans by the thousands rounded up and executed Jews by the millions. It isn't just the prejudiced and deranged that brutalize. There is scary evidence that almost all of us might, under the right conditions, develop a tolerance or a rationalization for injustice. Even the most moral among us may resist thinking of ourselves as potentially mean, but we have no trouble believing that others are immoral.

The crime rate soars in the U.S. and our prisons overflow; infidelity and spouse abuse are high; *1 in 5 women has been raped, 683,000 women were raped in 1990* (30% were less than age 11!); our murder rate is several times higher than most other countries. We are prejudiced. We distrust and dislike others. Even within the family--supposedly our refuge, our safe place, our source of love--there is much violence. *Between 1/4 and 1/2 of all wives have been physically battered* which also causes great psychological trauma (Goodman, Koss, & Russo, 1993). *Physical fights have occurred within 12-16% of all marriages* during the last year. In 50% of these instances it is mutual violence, i.e. *both* try to beat up on the other. But children 3 to 17 are the most violent: 20% per year actually abuse their parents, 93-95% are a "little physical" with parents. In addition, last year 10% of children were dangerously and severely aggressive with siblings. Nearly one third of us fight with our siblings. About 25% of all murders are by teenagers. *There are 1.2 million cases of child abuse per year.* Statistics might say we are a child-hating society.

One in eight high school students are involved in an abusive "love" relationship right now. 40% of youths have been in a fight in the last year; 10% were in four or more fights last year. *25% of young males have carried a weapon* at least one day in the last month (of that 25%, 60% carried a knife and 25% a gun). Boys and men are much more likely to carry a weapon than a female, but don't assume that only men act violently. Recent studies suggest that college (not high school) women are more likely than men to kick, push, bite, and slap in anger, especially when they are jealous.

The problem tends to be self-perpetuating. Hostile, aggressive young people tend to come from broken, **angry**, violent homes and 'anger' issues affect our lives in a variety of ways.

A. _____ of Anger

B. Other Descriptions

1. Anger is _____.

2. Anger is _____

3 Anger is _____

4. Anger is _____

C. _____ Definitions

II. Types and Categories of Anger

A. Passive-aggression

B. Aggression

C. Rage

D. Hostility

It takes courage to stand up to these challenges and threats, and proceed with improving your life, rather than keep on dancing the anger waltz.

III. Symptoms and Sources of Anger

A. _____ Symptoms of Anger

1. Overt behavioral signs:

2. Verbal signs:

3. Covert behavioral signs:

B. _____ Symptoms of Anger

C. Symptoms of _____ Anger

D. Sources of Anger

1. Family background.

2. Frustration

3. Fear

4. Hurt or injury

*"There is nothing either good or bad
but thinking makes it so."
--William Shakespeare*

IV. Anger Resolution

A. The _____ System of Resolution

1. Some simple steps you can try:

2. Change the way you _____.

3. Give yourself a _____.

B. Four Methods of Handling Anger

1. _____ it!

2. _____ it!

3. _____ it!

4. _____ it!

“A life incapable of anger is destitute ... there is no blaze to it... The Holy Spirit doesn’t create a character that is lukewarm, neutral or indifferent.”

- Dr. J. H. Jowett

C. The Biblical Solution

1. _____ Your Anger To God.

2. Learn To Get Angry _____

3. Examine Your _____ of God.

V. Healing the Source of Anger

A. Receive Healing for _____ Hurts

1. Ask God to reveal _____ of hurts

2. Discover the false _____

3. Confess Wrong _____ and Choose Right _____

B. _____ Issues

1. Anger often consists of _____

2. Bitterness is _____

3. Hatred is _____

4. Misconceptions of Forgiveness:

V. Conclusion

- A. Remember, you can't _____ anger

- B. Many of us think we _____ forgive those who have trespassed against us.

- C. To forgive is an act that we do on our _____ behalf.

Selected Reading and Bibliography

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Seneca's self-control techniques

- Avoid frustrating situations by noting where you got angry in the past.
- Reduce your anger by taking time, focusing on other emotions (pleasure, shame, or fear), avoiding weapons of aggression, and attending to other matters.
- Respond calmly to an aggressor with empathy or mild, unprovocative comments or with no response at all.
- If angry, concentrate on the undesirable consequences of becoming aggressive. Tell yourself: "Why give them the satisfaction of knowing you are upset?" or "It isn't worth being mad over."
- Reconsider the circumstances and try to understand the motives or viewpoint of the other person.
- Train yourself to be empathic with others; be tolerant of human weakness; be forgiving (ask yourself if you haven't done something as bad); and follow the "great lesson of mankind: *to do as we would be done by.*"