

FROM ANGER TO INTIMACY: MAKING YOUR ANGER WORK FOR YOU

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WHY IS UNDERSTANDING ANGER SO IMPORTANT?

BIBLICAL PERSPECTIVES ON ANGER

WHAT IS ANGER?

- A. A strong feeling of IRRITATION or displeasure.
- B. A state of READINESS. Anger is ENERGY.
- C. A SECONDARY emotion that is experienced in response to a PRIMARY emotion such as fear, hurt or frustration.
- D. It is critical that we differentiate between the EXPERIENCE and the EXPRESSION of anger!

WHY IS ANGER SUCH A MAJOR PROBLEM?

- A. It is such a MISUNDERSTOOD emotion.
- B. It is one of the most POWERFUL and CONTROLLING of all the emotions.
- C. When not properly understood and dealt with, it is one of the most DANGEROUS.
- D. Anger has definite PHYSICAL effects.

WHAT ARE SOME MAJOR CAUSES OF ANGER?

- A. HURT (Past)
- B. FRUSTRATION (Present)
- C. FEAR / Anxiety (Future)

WHAT ARE THE MAJOR CAUSES OF YOUR ANGER?

THE EMOTION OF ANGER

DESTRUCTIVE ANGER (REACTS)

- A. Passive Approaches:
- B. Unhealthy Anger Styles
 - 1. The CREAM-PUFF
 - 2. The LOCOMOTIVE
 - 3. The STEEL MAGNOLIA

HEALTHY / CONSTRUCTIVE ANGER (RESPONDS)

- A. It seeks to UNDERSTAND.
- B. It is PROACTIVE and not reactive.
- C. Its motivation is to be CHRIST-LIKE and is not driven by a spirit of bitterness or resentment.
- D. It is CONTROLLED.
- E. It is focused on correcting wrong actions or situations and NOT getting even with or punishing individuals.
- F. The anger-energy isn't merely spent, it is INVESTED.

G. Healthy anger expressions include:

- | | | | |
|---------------------|--------------|------------|----------------|
| -responds | -indignation | -trusting | -caring |
| -anger communicated | -responsible | -proactive | -listens |
| -motivated by love | -unselfish | -firm | -I win/You win |

WHAT ARE SOME CONSTRUCTIVE WAYS TO DEAL WITH ANGER?

A. General Principles:

1. Biblical Perspectives Ephesians 4:26-27 > Genesis 4:3 ff

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|---------------------------------------|--------------------------------------|-------------------------|
| 1. Ephesians 4:31; Col. 3:8: | 3. Prov. 15:18; 16:32; 19:11; 29:11: | 5. Mark 3:5; Eph. 4:26: |
| 2. Col. 3:21; Prov. 15:1; Prov. 20:2: | 4. Prov. 22:24-25; 29:22: | |

2. Choose Your Focus

- a. **Problem-Focused** (ANALYZE it)
- b. **Solution-Focused** (GET through it)
- c. **Growth-Focused** (GROW through it)

3. Utilize the Resources of Emotional Intelligence (EQ)

- a. Self-Awareness (Psalm 139:23-24)
Emotional Self-Awareness* Accurate Self-Assessment* Self-Confidence*
- b. Self-Management
Emotional Self-Control* Transparency Optimism Adaptability

B. Specific Steps: Have an emotionally intelligent plan to deal with your anger!

Self-Awareness

- 1. Be AWARE of it.
- 2. ADMIT / ACCEPT responsibility for it.
- 3. Remind yourself of the positive things that *healthy* anger can provide.
 - a. It serves as an ALARM.
 - b. It is a source of MOTIVATION.
 - c. It is a powerful source of ENERGY.
 - d. It can become a WINDOW revealing a need, value or growth-point for your spouse and/or for your relationship.
 - e. It can actually increase trust and INTIMACY in a relationship.

Self-Management

- 4. Determine at the outset who/what is going to have the CONTROL.
- 5. DEFINE it . . . identify the cause/source of it.
- 6. Choose your RESPONSE. How are you going to choose to INVEST the energy?

SPEND

INVEST

The most effective way to “invest” your anger-energy is to choose to understand!

7. Learn the Lessons

CONCLUSION

- A. **PROCESS** it, then **EXPRESS** it.
- B. Remember that **CRAZY** means to find what doesn't work and keep on doing it . . . and expecting different results!

RESOURCES

- Oliver & Wright, **A Woman's Forbidden Emotion: How to Own, Express and Use Your Anger to Grow More Spiritually Alive and Be Yourself**, Regal Books, 2005
- Oliver & Oliver, **Raising Sons . . . and Loving It**, Zondervan, 2000
- Wright & Oliver, **Fears, Doubts, Blues and Pouts**, Victor Books, 1999