

# **MAKING ANGER WORK FOR YOU**

## **Harnessing The Most Powerful God-Given Emotion**

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### **I. INTRODUCTION**

### **II. DEFINING ANGER**

- A. A strong feeling of \_\_\_\_\_ or displeasure.
- B. A state of \_\_\_\_\_. Anger is \_\_\_\_\_.
- C. Anger is a piece of information that can serve as a \_\_\_\_\_ that tells us we don't like what is going on.
- D. A \_\_\_\_\_ emotion that is experienced in response to a \_\_\_\_\_ emotion such as fear, hurt or frustration.

### **III. WHY CAN ANGER BE SUCH A PROBLEM?**

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

### **IV. WHAT ARE THE MAJOR CAUSES OF ANGER?**

- A. \_\_\_\_\_ (Past)
- B. \_\_\_\_\_ (Present)
- C. \_\_\_\_\_/Anxiety (Future)

## V. WHAT ARE THE MAJOR CAUSES OF MY ANGER?

A. What triggers your anger?

- |    |    |
|----|----|
| 1. | 4. |
| 2. | 5. |
| 3. | 6. |

B. How do you know when you are getting angry?

C. How does your spouse know when you are getting angry?

D. When are you most likely to experience anger?

## VI. THE EMOTION OF ANGER

A. It is essential to differentiate between the \_\_\_\_\_ and the \_\_\_\_\_ of the emotion of anger!

B. Understanding our emotions

Can we control our emotions? \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_. But while we may not be able to control what we feel, we can, to a significant degree, control **how long** we feel it. With God's help we CAN change our \_\_\_\_\_.

It is clear that genuine spiritual maturity involves \_\_\_\_\_ than the acquisition of facts or head knowledge. True spiritual maturity includes growth and development in the understanding, experience and expression of our God-given emotions.

## VII. HOW DO YOU "DO" ANGER?

A. Unhealthy / Destructive Anger

1. The Cream-Puff

-anger suppressed	-anger turned inward	-conflict avoider
-overcontrolled	-dependent	-denial
-blames self	-repress / suppress	-overresponsible

2. The Locomotive

-hostile	-rage	-blatant sarcasm
-critical	-punitive	-has all the answers

- |                       |                          |                          |                              |
|-----------------------|--------------------------|--------------------------|------------------------------|
|                       | <i>-driven</i>           | <i>-suspicious</i>       | <i>-quick to blame</i>       |
|                       | <i>-combative</i>        | <i>-cruel teasing</i>    | <i>-few intimate friends</i> |
| 3. The Steel Magnolia |                          |                          |                              |
|                       | <i>-procrastination</i>  | <i>-subtle sarcasm</i>   | <i>-fosters confusion</i>    |
|                       | <i>-forgetfulness</i>    | <i>-makes excuses</i>    | <i>-mixed messages</i>       |
|                       | <i>-chronic lateness</i> | <i>-silent treatment</i> | <i>-inconsistency</i>        |

#### B. Healthy / Constructive Anger

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

### VIII. HOW TO BECOME A MATURE RESPONDER

#### A. Biblical Principles:

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

#### B. Solution Steps: Have a \_\_\_\_\_ to deal with your anger!

1. Be \_\_\_\_\_ of it.
2. \_\_\_\_\_ / \_\_\_\_\_ responsibility for it . . . to God, others and yourself.
3. Determine at the outset who/what is going to have the \_\_\_\_\_.
4. Remind yourself of the positive things that healthy anger can provide.
 

a. It serves as an alarm	c. It is a powerful source of energy
b. It is a source of motivation	d. It can increase trust and intimacy in a relationship
5. \_\_\_\_\_ it . . . identify the cause/source of it.
 

c. Keep an anger log:
d. Construct your anger curve:

e. Identify the primary emotion:

6. Choose your \_\_\_\_\_. How are you going to choose to \_\_\_\_\_ the energy?

## SPEND

## INVEST

### C. Additional Practical Suggestions (David Augsburger)

1. Be angry, but \_\_\_\_\_:
2. Be angry, but \_\_\_\_\_:
3. Be angry, but be \_\_\_\_\_:

## IX. CONCLUSION

A. \_\_\_\_\_ it, then \_\_\_\_\_ it.

B. In expressing anger your attitude should not be "who's right and who's wrong?," but rather "**what can each of us learn from this discussion that will make our relationship more positive, satisfying and bring glory to our Lord Jesus Christ?**".

C. Small Beginnings:

1. Remember that \_\_\_\_\_ means to find what doesn't work and keep on doing it . . . and expecting different results!
2. What's one thing you have learned today that you will, with God's help, begin to apply today?

## X. RESOURCES

Oliver . **Made Perfect In Weakness: The Amazing Things God Can Do With Failure**, Victor Books, 1995

, **Real Men Have Feelings Too**, Moody Press, 1993

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. **Good Women Get Angry**, Servant, 1995

. **Hip Hop and His Famous Face**, Victor Books, 1995

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 , **Fears, Doubts, Blues and Pouts**, Victor Books, 1999  
 , **Raising Kids to Love Jesus**, Regal Books, 1999