

How to Handle Anger – Ways That Don't Work

➤ Exploring the Cause of Anger

1. Unmet expectations lead to feelings of:

- 1) _____ – Like: “I filled her car with gas and you’d think she would notice and say something about it but she didn’t even notice.
- 2) _____ – I had my Saturday all planned...
- 3) _____ – I wanted a quiet evening at home this Friday but she went and invited some friends over.

2. These Primary emotions drive the _____ emotion of anger.

3. You don’t get what you _____.

What causes fights and quarrels among you? Don't they come from your desires that battle within you? You want something but don't get it. (James 4:1)

4. UNMET _____ => Hurt, Fear & Frustration => _____
100% of YOUR ANGER IS CAUSED BY _____

➤ Responses to Anger — The ways that _____ => The Deadly R's

1. Expression is _____ anger => _____.

A fool gives full vent to his anger, but a wise man keeps himself under control. (Prov. 29:11)

- 1) Lie #1 — If I just _____ it things will be fine.
- 2) Lie #2 — I _____ when I'm angry. That's just the way I am.
- 3) Results — Rage is like _____ warfare

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

2. Repression is _____ our anger => _____

In your anger do not sin. Do not let the sun go down while you are still angry, and do not give the devil a foothold. (Eph 4:26-27)

- 1) Lie #1 — Anger is _____
- 2) Lie #2 — Being angry means _____
- 3) Results:

- We _____ the pressure

See to it that no one misses the grace of God and that no bitter root grows up to cause trouble and defile many. (Heb. 12:15)

- Our anger _____ out

- Repression is like _____ warfare

But the wisdom that comes from heaven is first of all pure; then peace loving, considerate, submissive, full of mercy and good fruit, impartial and sincere. Peacemakers who sow in peace raise a harvest of righteousness. (James 3:17-18)

➤ **Conclusion**

And do not grieve the Holy Spirit of God...Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. (Eph. 4:30-31)

➤ **Couple Sharing**

1. I usually get angry when _____.
2. I am normally (1) a Spewer or (2) a Swallower (Circle one).
3. How does this relate to how your family of origin handled anger?