



The Purpose of Anger is to move us to action.

THE CAUSE OF ANGER — While anger can be triggered by many things, there is actually only one cause... **a violation of our sense of justice.** Anger is the emotion God has given us to respond to injustice, in a just way.

Emotion is a good thing, created by God in us. Like all good gifts, they can be used well or misused. God's purpose of all emotions is to move us to action. Emotions are automatic responses. They are feelings that result from when perceptions and attitudes collide. They can be triggered by events, memories, or other experiences. Anger is an emotion. While we sometimes use the word "anger" to refer to an attitude, in this model it always means feeling/emotion. An attitude is the way we think about something or someone. It is our mindset. We can change mindsets and attitudes, not emotions.

ANGER

DEAL WITH THE ANGER

1. Confront the violator.

Keep the focus upon the violation itself. Non-violence is more powerful and productive than violence.

2. Punish the violator.

You must be in authority over the violator to punish them.

3. Redirect the anger.

Consciously channel anger positively into justice producing action or to a person who has given you permission.

4. Appeal to a higher power.

It can be a human authority or God.

After using one or more of the above methods, then you are able to forgive. It is impossible to move to forgiveness without first doing 1, 2, 3, or 4. Jesus never did and we can't either.

FORGIVE —

Forgiveness is giving up the right to revenge and leaving the past in the past.

All 5 of these actions are present in the Cross of Jesus.

DON'T DEAL WITH THE ANGER

There are many methods, but the most common include:

- [] **Pretend it doesn't exist.** ("Me? I'm not angry!")
- [] **Rename it.** ("I'm not angry, I'm just disappointed in you.")
- [] **Pretend it doesn't matter.** (Don't worry about it.)
- [] **Hold it in and nurse it.**
- [] **Seek vengeance through passive means.**

Not dealing with it... creates an ATTITUDE

When we bury anger by not dealing with it, the acorn of an emotion doesn't just disappear, it grows into an oak of an attitude, such as: [] hostility, [] jealousy, [] argumentative, [] judgmental, [] irritable, [] arrogance/superiority, [] resentful, [] impatience, [] self-pity, [] physical ailments, and [] "free-floating" anger.

These attitudes produce a violation of our sense of Justice... which then creates...

SELF ANGER results as an automatic response to violating our own sense of justice. If we continue not to deal with it, this cycle continues into... **SELF HATE**, which produces self-destructive behavior, low self-esteem, and other manifestations.

Healing and inner peace come only by dealing with our anger to reverse the cycle of hate.