

# Good and Angry

Exchanging Frustration for Character When the Pressure's On

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## Loving an Angry Person

### Angry people...

- ... rarely take responsibility for their angry thoughts, words or actions and typically feel justified.
- ... are unable to respect the limitations of others.
- ... can be rude and impolite.
- ... focus on behavior and character defects in others, never themselves.
- ... play the blame game.
- ... are often carry deep wounds in their hearts, whether they recognize it or not.

Point to Ponder: Their bad behavior is never an excuse for yours.

### Adults

Angry spouses / Unhealthy co-workers / Co-dependant relatives or friends / Crabby neighbors

Do you walk on eggshells when you're around them?

Do they regularly complain or blame?

Do they harbor unrealistic expectations?

Rx: Definition of insanity: Doing what you've always done, but expecting different results.

Boundaries by Henry Cloud and John Townsend

[www.cloudtownsend.com](http://www.cloudtownsend.com) – articles/books

### Mentally Ill Adults

Name it and know it. (ADHD, Depression, PTSD, Anxiety, Bipolar, Autism Spectrum, Addictions ...)

Rx: National Alliance of Mental Illness

[www.nami.org](http://www.nami.org)

## **Children**

Is your child easily angered?

Rx: Good and Angry: Exchanging Frustration for Character in You and Your Child by Scott Turansky  
[www.biblicalpharenting.org](http://www.biblicalpharenting.org)

Attachment Focused Parenting by Daniel Hughes

P – Playfulness (abusive parents treatment)

L – Love ... sacrificial and extravagant investment of time. Love for a child spells time.

A – Acceptance ... God makes no mistakes putting you two together!

C – Curiosity about actions, attitudes, decisions ... “I noticed...” (fireworks)

E – Empathy ... anger is a result of unattended emotions

Is your child or teen inflexible or irrational. Does he have a low-frustration tolerance?  
Is there a complicating issue? Do special-needs exist?

Rx: Seek Assessment, support and treatment  
Prayerfully consider medication ... don't dig a deep ditch, we've done it twice  
Search the internet ... become informed, find support (Kim R)

## **Domestic Violence**

Are you facing it?

Is someone you love in an abusive relationship?

Rx: Why Does He Do That: Inside the minds of angry and controlling men by Lundy Bancroft. Angry Men and the Women Who Love Them by Paul Hegstrom  
[www.troubledwith.org](http://www.troubledwith.org) (Focus on the Family) tabs for Anger, Physical and Verbal Abuse

## **Anger in Our Own Lives**

Factors that Impact Unhealthy Displays of Anger

- Generational Sin
- Family of Origin and/or Modeling ...*do not associate with one easily angered, or you may learn his ways and get yourself ensnared.* Proverbs 22:24-25
- Personality ... Type A more prone
- Medical Issues ... Depression, Thyroid

- Lack of Transformation (AA story. We need fellowship where we can be authentic and vulnerable. Where there is confession, support, grace and accountability.)  
Proverbs 29:11 *A fool gives full vent to his anger, but a wise man keeps himself under control.*
- Stress ... overwhelms our brain and bodies with cortisol
- Cultural addiction to overload ... no margin, no breathing room
- Unhealed, festering hurts and wounds

## **Home Front**

- ~ Do you have a private and a public persona? Kids act-out more at home, so do adults.
- ~ Are you irritable and impatient with those you love the most?

Rx: Get enough sleep  
Add more play into your life-giving  
Trouble shoot areas where you are consistently irritable.

## **Holiness: Consistent Short-Fuse**

- ~ Explore the "why's"

Explore the issues from page 2

Recognize that anger is the result of unattended original emotions.

Fear	... "We're going to be late." "I'm a failure."
Hurt	... "I'm not important enough."
Frustration	... "You're wasting my time."
Overwhelmed	... "I can't get it all done in time."
Helpless	... "This is impossible."
Embarrassed	... "This bathroom was not cleaned." "Stop whining."
Confused	... "I hate math!"
Sad	... "She forgot my birthday." "No one will play with me."

Rx: At the end of the day, reflect ...      How do I feel about ... ?  
What do I need ... ?

- ~ Recognize we live with "faulty" senses

We  
Get the  
the Date  
Wrong all  
of the Time

“The seeing portion of our brain is made up of only 40% data from our eyes. The balance of what we see is made up of of life experiences, including your own beliefs.”  
Steven Peer

“We don't see the world as it is, we see it as we are.” Anais Nin

“Our biggest mistakes stem from the assumption that others are like us.” Edward L. Rowrey

~ What are your red flags?

Anger is a great indicator that something is wrong. It's a lousy solution.

*In your anger, do not sin.* Psalm 4:4 and Ephesians 4:26

*My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, for man's anger does not bring about the righteous life that God desires.*  
James 1:19-20

~ Anger in Marriage

Taken from the Aug. 1995 addition of *The Lutheran, It's simpler than you think* by David Miller.  
The article is about an interview with John Gottman.

Anger is not dysfunctional. In most marriages it's a way of italicizing your complaints and saying, “Listen, this is important to me.” (If the intensity of the anger does not dissipate with dialogue and time and/or it fuels the use of wounding, destructive words, that anger will escalate and cause damage within the hearts of all involved.)

The most important thing is for husbands to view their wife's anger as a resource . . . a resource to be used to make the marriage closer, stronger. Husbands should see that wives' anger as her way of italicizing her complaints and asking them to be taken seriously. When the wife gets angry, rather than saying, “Let me get OUT of here.” They need to say, “I'd better wake up and pay attention. If I ignore her, we could be in trouble.”

What's the best indicator that a marriage is in trouble? The best indicator is the wife's contempt for the husband. It can be communicated in many ways, but it's always a moral judgment that the other person is inferior, incompetent, stupid. You assume a smug superiority. Why is a wife's contempt more telling than a husband's? Contempt is an icy emotion. It's a way of distancing yourself from your partner. In our culture, women have been given the role of fixing relationships. When a woman starts disengaging, there's probably no one left to fix it.

When anger becomes a consuming emotion, these 4 “postures” pull a marriage into a disastrous downward spiral. Here's how to avoid them:

Criticism	Contempt	Defensiveness	Stonewalling
Blaming and tacking your partner's personality and character	Insults, name-calling, mockery and actions that abuse your partner psychologically.	Making excuses, whining, answering your partner's complaints with your own, making negative assumptions about your partner's thinking.	Distancing yourself from your partner by being unresponsive; acting cold, smug, superior.
REMEDY	REMEDY	REMEDY	REMEDY
Begin your complaints with the word "I"- "I'm upset about... ." Don't generalize; focus on the specific behavior or event that bothers you.	Take responsibility for your role in problems and conflicts. Apologize; listen to your partner even if you don't agree.	Take time to calm down, interrupt your negative thinking and feelings of victimization or righteous indignation. Remember your partner's negative qualities don't cancel out the positives.	Don't run from your partner's anger; it's an attempt to get your attention. Be alert to your negative inner script. Find ways to let him/her know you're listening.

~ Rx: Pursue the sweet spot – where God's ways intersect with everyday life

- Self-control
- I Corinthians 13 love is patient, kind, not rude, not easily angered and keeps no record
- Explore the Rhythms of Rest ... see end notes
- Create a plan for accountability that includes authentic confession.

*Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective. James 5:16*

## **HELP – Rage Takes Over**

- ~ Rage is frightening and destructive
- ~ Abuse comes in all spheres: emotional, verbal, physical
- ~ When a person is frequently short-fused (explosive) and lashes out, routine apologies become meaningless. Something's wrong. Help is needed.
  - Medication
  - Counseling

- Celebrate Recovery ... [www.celebraterecovery.com](http://www.celebraterecovery.com)
- Intensive Week ... [www.shepherdscanyonretreat.org](http://www.shepherdscanyonretreat.org)

## Rhythms of Rest

### Redefining Rest

As the people of God, we need to examine the normative, corrosive impact of overload and exhaustion of our 24/7 culture and commit to an exploration of the power & purpose of rest. We need realign our lives around the Biblically ordained rhythm “*Run hard. Rest well.*”

### Exploring Rhythms of Rest

<u>Daily</u>	<p><b>Stillness</b> – Psalm 62:1 – spiritual needs  <i>Planned and unplanned ... stillness is a purposeful pause in the Presence of God.</i>            Isaiah 54:2 – Enlarge your connection</p> <p><b>Sleep</b> – Psalm 4:8 – physical needs  <i>Recognize &amp; honor the fact that our need for sleep is not a design flaw.</i>            He is God. I am not. There's a steep price tag.</p>
<u>Weekly</u>	<p><b>Sabbath Keeping</b> – Exodus 23:12 – relational needs  <i>Sabbath is a deliberate, intentional pause from our work to “pray and play.”</i>  <i>Free from the demands of work, we are positioned to fully celebrate our relationship with the Living God and celebrate the love we share with those He's placed in our lives.</i>            Isaiah 54:2 – Enlarge your connection</p>
<u>Yearly</u>	<p><b>Silence and Solitude</b> (Personal Retreat) – Luke 22:39 – emotional needs  <i>Personal Retreat is the pursuit of God off the beaten path.</i>            Guilt-free restoration. Follow the Leader offensively, defensively ... forced</p>

### Simplicity: Laying the Foundation

Time	“A Person with Time”
Talent	Do first that which only you can do
Treasure	African mother / Pop's Story, gratitude has been replaced by entitlement
Technology	Over-use/addictions are creating distraction, leading to Attachment Dis.

### Additional Resources on Anger

Taking Charge of Anger by Robert Nay (for when you are the angry person)  
 Overcoming Anger in Your Relationships by Robert Nay (when you live with an angry person)  
 A Woman's Forbidden Emotion: How to Own, Express and Use Your Anger... by Gary Oliver  
 Mad @ Us: Moving From Anger to Intimacy With Your Spouse ... by Gary Oliver  
 The Anger Workbook by Les Carter is a good one that walks a person through on their personal recovery.  
 The Anger Workbook for Christian Parents by Les Carter is similar to the one above.  
 The Anger Trap by Les Carter mentioned above.  
 Healing Our Anger by Michael Obsatz  
 The Other Side of Love by Gary Chapman is a good book.  
 How to Really Love Your Angry Child by D. Ross Campbell is a great resource for parents of an angry kid.

Be Angry But Don't Blow It by Lisa Bevere who is a straight shooter similar to Joyce Meyer.  
Getting Anger Under Control by Neil Anderson is a book from a spiritual warfare point of view.  
She's Gonna Blow by Julie Ann Barnhill for mom's.