

SMALL GROUP GUIDELINES:

1. Keep your sharing focused on your own thoughts and feelings. Limit your sharing to three to five minutes.
2. There will be NO cross talk. Cross talk is when two individuals engage in conversation, excluding all others. Each person is free to express his or her feelings without interruptions.
3. We are here to support one another, not "fix" one another.
4. Anonymity and confidentiality are basic requirements. What is shared in the group stays in the group. The only exception is when someone threatens to injure themselves or others.
5. Offensive language has no place in a Christ-centered recovery group.

ACCOUNTABILITY TEAM PHONE NUMBERS:

Sponsor: _____

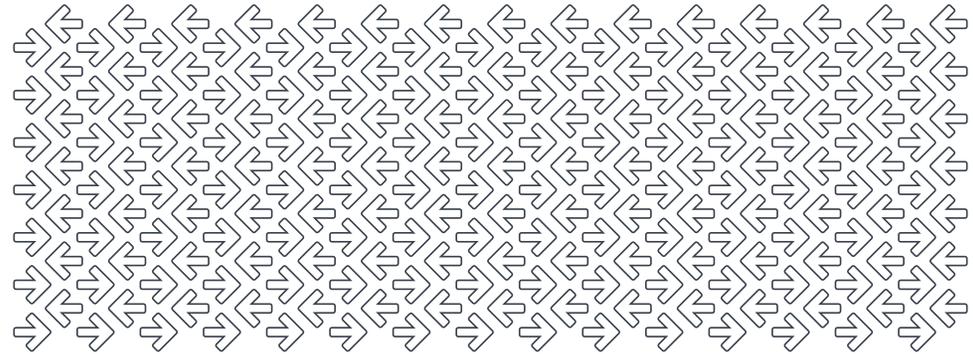
Accountability Partners: _____



Address: 2350 SW Green Oaks Blvd. | Arlington, TX 76017 **Phone:** (817) 468-7729
Website: rushcreek.org/restore **E-mail:** restore@rushcreek.org

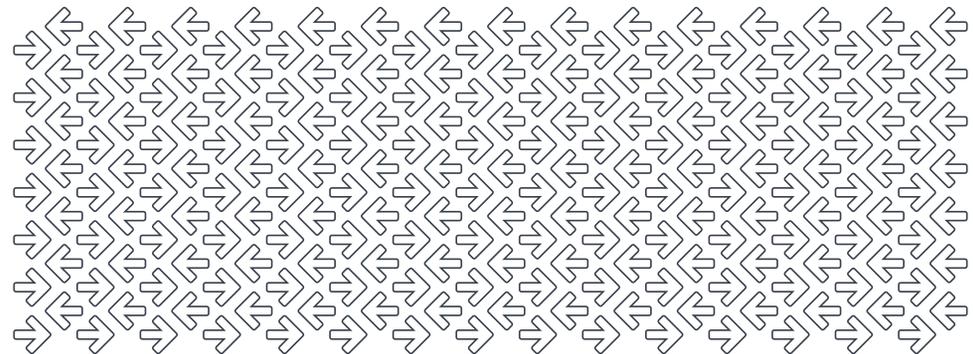
FREEDOM FROM ANGER

THE PROBLEM AND SOLUTION



RESTORE

— A CHRIST-CENTERED PROGRAM —



DEFINITION:

It is one of the God-given 10 basic emotions, but it is considered a secondary emotion rather than a primary emotion. This emotion is always used in substitution for the real issue or primary emotion, i.e. rejection or fear. Anger, in and of itself, is not wrong, but it is how you display it or refuse to deal with it that causes trouble.

WHAT TO LOOK FOR:

Passive or Hidden Anger

Typically refuses to express anger or disappointment, because you think it is inappropriate or will escalate someone else's anger. This type of anger, if left untreated, may result in depression. The hidden message is, "I don't count."

Signs of Hidden Anger:

1. Putting off or delaying the completion of tasks you have to do.
2. Being continually or frequently late.
3. Liking jokes that are cruel and hurt others (sadistic).
4. Being sarcastic, sassy, or rude in conversation.
5. Frequent sighing.
6. Over politeness, constant cheerfulness: attitude of "grin and bear it."
7. Smiling while hurting.
8. Frequent disturbing or frightening dreams.
9. Over-controlled monotone speaking voice.
10. Difficulty in getting to sleep or sleeping through the night.
11. Boredom, apathy, loss of interest in things you usually enjoy.
12. Getting very impatient, upset, and crabby over little things.
13. Sleeping more than usual – maybe 12 to 14 hours a day.
14. Waking up tired rather than rested or refreshed.
15. Clenched jaws – especially while sleeping.
16. Leg twitches, foot tapping, fist clenching and similar repeated physical acts done without knowing it.
17. Grinding of teeth – especially while sleeping.
18. Chronic depression – extended periods of feeling down for no reason.

Aggressive Anger

This is also known as explosive anger. It is usually expressed without regard for what is being seen or heard. The person typically feels entitled to their anger and doesn't think or care about the consequences. The hidden message is, "I count and you don't."

Signs of Aggressive Anger:

1. Name calling.
2. Blaming others.
3. Talking down to or at others.
4. Interrupting others.
5. Railroaded someone to agree with the aggressor's point of view.
6. Insisting on having the last word.
7. Intimidation
8. Snickering
9. Glaring
10. Throwing or slamming things.

11. Physically restraining others.
12. Any type of physical violence.

Passive-Aggressive Anger

This is known as indirect anger and typically is the result of failing to address directly something that is bothersome. It will eventually manifest itself in another situation with the same person or with another person entirely. The hidden message is, "I don't count and you don't either."

Signs of Passive-Aggressive Anger:

1. Hostile humor.
2. Sarcasm.
3. Ridicule.
4. Resentful thinking.
5. Planning revenge.
6. Very image conscious.
7. Tendency to be moody.
8. Refusal to initiate conversation, especially concerning troublesome topics.
9. Feels paralyzed when confronted with an unwanted situation.
10. May rationalize the need to talk by saying to themselves or others, "I'm a private person."

Manipulative Anger

This is known as indirect anger with a plan or covert aggression and typically will use psychological means to get revenge. The hidden message is, "I count, but you don't count," and "I will get you back, but you won't necessarily know it."

Signs of Manipulative Anger:

1. Compare the other person to the "ideal" person.
2. Use guilt-inducing statements.
3. Emphasize situations that place the other person in an unfavorable light.
4. Use whining skillfully.
5. Changes the subject in conversation to lead the other person where they want to go.
6. Uses crying or nagging to get what they want.
7. Attitude of "I know better or more than you."
8. Good at concealing aggressive intentions or behaviors.

HELPFUL READING:

Anger: Handling a Powerful Emotion in a Healthy Way by Gary Chapman.

When Good Men Get Angry: The Spiritual Art of Managing Anger by Bill Perkins

How We Love: Discover Your Style, Enhance Your Marriage by Milan & Kay Yerkovich

"A hot-tempered man stirs up conflict, but a man slow to anger calms strife." Proverbs 15:18 HSB