

Biblical Counseling
Dealing with Anger - from Anger is a Choice.

Dealing with Anger Mentally

1. Get more information before you respond. (Ask questions & understand before reacting).
2. Determine if the anger is over this person or if carried over from another incident.
3. Evaluate your angry feelings
 - A. What is making me feel angry?
 - B. Why am I feeling anger and not some other emotion?
 - C. Am I jumping to conclusions about the situation.
 - D. Is my anger justified?
 - E. How might others, including the person provoking my anger, view this situation?
 - F. What can I do to change the situation that will help reduce my anger?
4. Remind yourself that God is in control. (Rom. 5:3-5; Jm. 1:2-4; 1 Pet. 1:6-9)
5. Confess your emotions to God (Ps. 39:1-4; Ps 55)
6. Learn to deal with the sin of your anger.

Dealing with Anger Verbally (Expressing anger).

1. Learn to discipline your mind
2. Don't repress anger for long periods of time (Ephesians 4:26,27)
3. Make it a habit not to withdraw into silence.
4. Be open to criticism.
5. Share only one issue at a time.
6. Don't use the past to manipulate other people.
7. Learn to express your expectations for others verbally
8. State your hurt or complaint as objectively as possible.
9. Share your complaint in private, not in public.
10. Let the other party know what things are positive in the relationship.
11. Avoid a win-lose situation.
12. Don't make threats to terminate or leave the relationship.
13. Don't always be joking.
14. Don't accuse or attack the other person.
15. Don't exaggerate the issue.
16. Look for a solution, seek reconciliation.
17. Allow for reaction time

Counseling Situations - Anger

Read through all the situations below. Pick one or two and write out how you would respond to the situation and counsel those involved. Include in your answer:

- *What test of their faith may be involved;
- *The questions you might ask to uncover what might be going on in their Emotional; Volitional; Rational and Personal circles;
- *Relevant Bible verses that would encourage them in their faith and a righteous response;
- *Advise you would give them on how to handle the situation they are facing.

Remember the basic counseling flow chart & basic stages of counseling handed out previously

1) A friend of yours has changed somewhat over the last few months becoming increasingly irritable with sharp words, acidic sarcasm and even occasional profanities. Previously your friend had always been very calm, reserved and respectful of others. How would you approach your friend about their change in attitude and behavior? How would you help your friend overcome the increasing anger.

2) A lady in your church with whom you are a friend confides in you, "*I'm terribly afraid that I'm going to hurt my own children!*" Upon questioning you find out that in the last month she has verbally exploded several times at what she admits was only slight disobedience by her two pre-school children. Today it escalated and she struck one of her children sending him across the room. She is in despair over her own previously uncharacteristic violence. She is asking you to help her understand what is happening to her and to change before someone is hurt. How would you proceed to counsel her?

3) A woman in your church confides that she is being beaten by her unsaved husband who does not attend church. He has made it very clear to her that she can go for counseling, but he wants none of it. She is not sure what she should do. She wants to be a good witness to her unsaved husband understanding 1 Peter 3 and trying to win him by her chaste and respectful behavior, but she is not sure what more she could do. She has become fearful for her physical safety. How will you counsel her? What Biblical principles will you help her understand and apply to her situation?

4) What would be your response to the following situations? What emotion would you feel? If your emotion would be expressed, how would you express it? How would you want to express it?

- A) You spend three hours fixing something only to find out your brand new part is defective.
- B) You find out the new person at work whom you spent the last six months training, just got promoted over you.
- C) You warned the salesman not to come into your yard because your dog would bite. He came in anyway insisting that all animals love him. He got bit. He sued, and just won in court.
- D) You volunteer to help watch a group of kids as a service to your social club. Your instructions to an unruly 6 year old are not only unheeded, he spits in your face and kicks you in the shin.
- E) When you arrive home from a long day at work, you find your house had been broken into and ransacked, with many of your valuables either stolen or purposefully broken.