

Freedom from Anger
The Problem and Solution
For Men's Group and Women's Group

The Problem

Every person has a "**Pattern of Toxic Behavior**" that can significantly damage the important and intimate relationships in his or her life.

Anger is one of our ten (10) basic, God-given, emotions. This emotion can be **CONSTRUCTIVE or DESTRUCTIVE** – depending upon our response. The focus of this group is on giving Jesus a "**NANO SECOND**" (just one billionth of a second!) to help us use all of our emotions according to God's design, for our lives, and to appropriately change our pattern of relating to others and our responsibilities. When most of us think of an "angry" person we think of someone who destroys themselves and their relationships through uncontrollable outbursts of rage. We usually picture someone who goes around slamming doors, yelling loudly, and making life miserable for everyone, including themselves. Yet this is only one part of anger, as anger has many faces. Equally as damaging and destructive is anger that is suppressed, or "stuffed," as it will only continue to destructively influence our behaviors and attitudes. Ultimately, even suppressed anger erupts from deep within the heart.

The Solution

Recognizing and accepting responsibility for toxic patterns of behavior is the first hurdle to overcome as one runs the race toward true freedom from anger. Walking through the recovery process with Jesus Christ as our Higher Power allows us to admit our powerlessness to control our anger, as well as trust that He will help us to overcome our destructive habits.

Breaking the old patterns that have kept us locked into destructive behavior takes time. What took years to bring about will take some time to change. But with Jesus Christ as our Higher Power, and the willingness to allow Him to change our life, real freedom from anger is possible!

(Adapted from "The Anger Workbook," written by Dr. Les Carter and Dr. Frank Minirth)