

HARNESSING ANGER

*(IN your anger
do not sin....
Psalm 4:4)*



Conflict



3 ASPECTS.....

Naming and Normalising

Looking for Meaning

Making it Work

Anger can be the most
FORCEFUL emotion

Naming and Normalising.....

- *What's happening?*

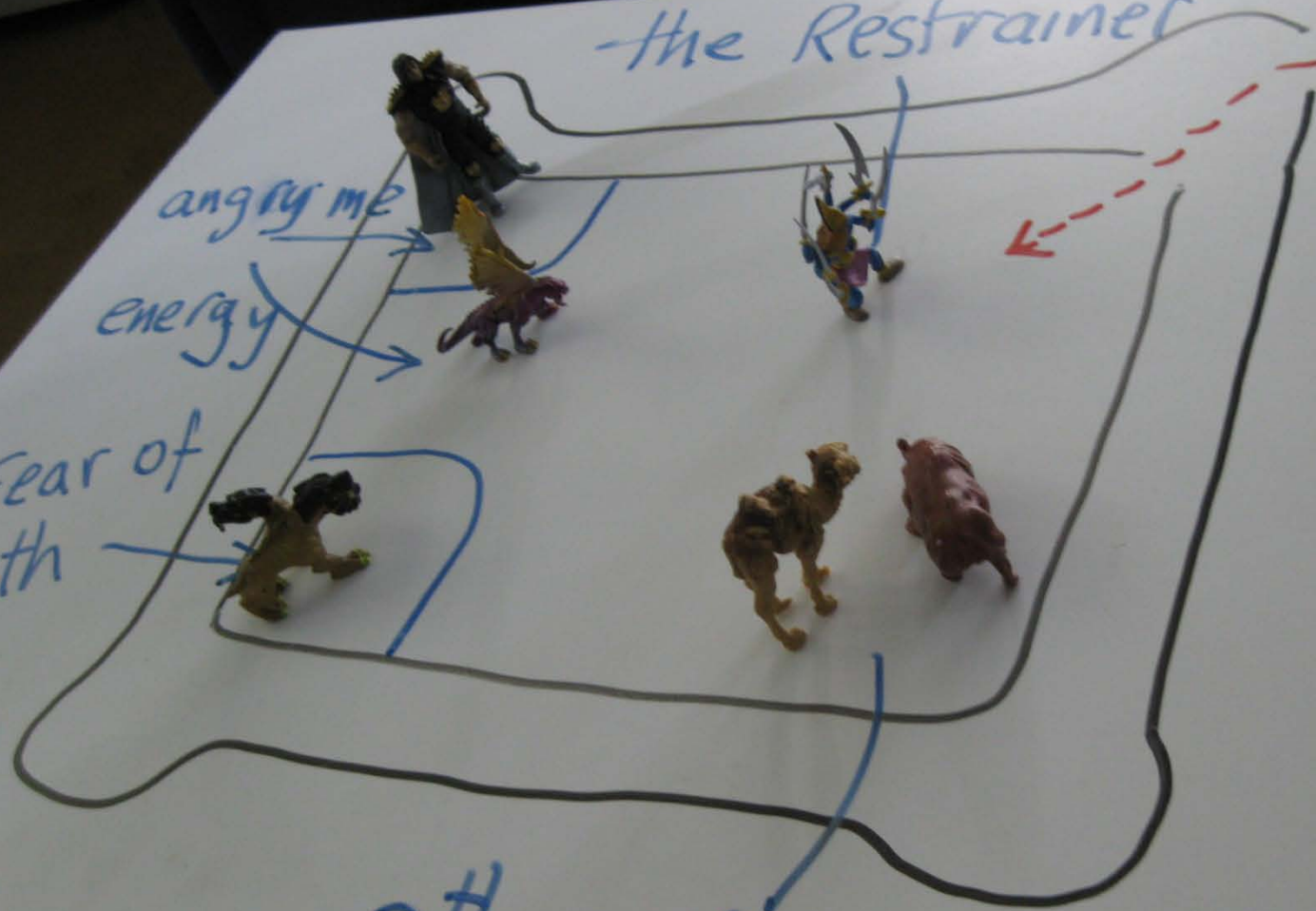


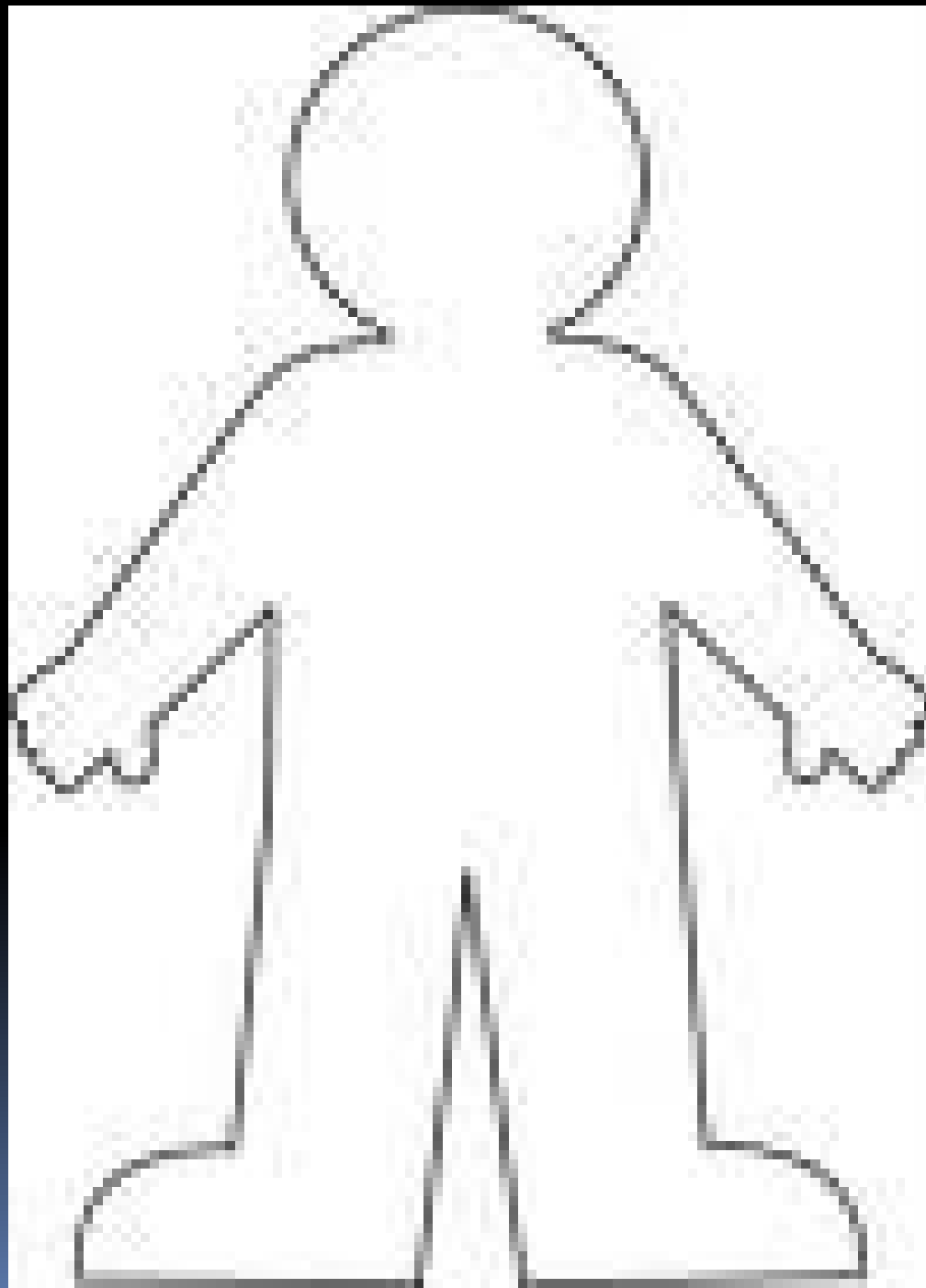
-the Restrainer

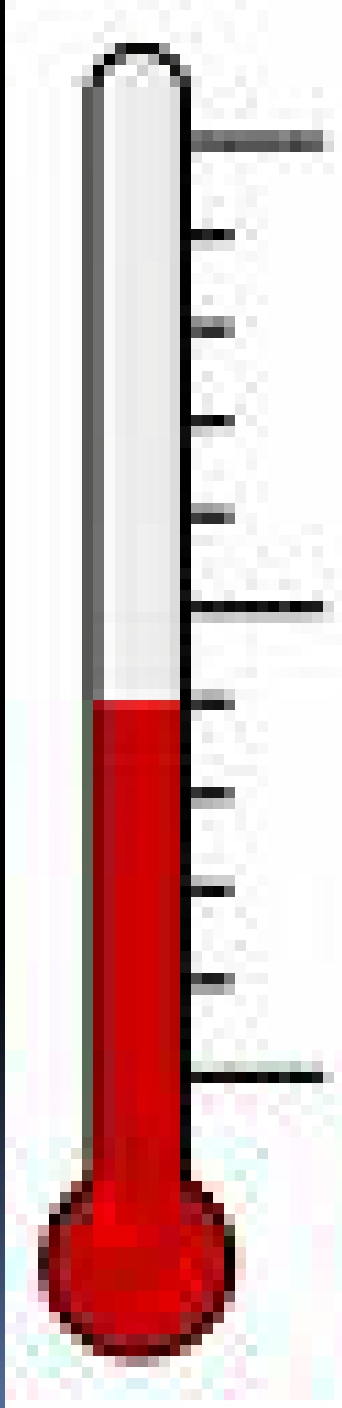
angry me
energy
Fear of
path

pushing
my button

other feelings







Look OUT!!!!!!

Tantrum Time

Ranting and Raving

Fussing and Fuming

Flat out Furious

Total Grouch

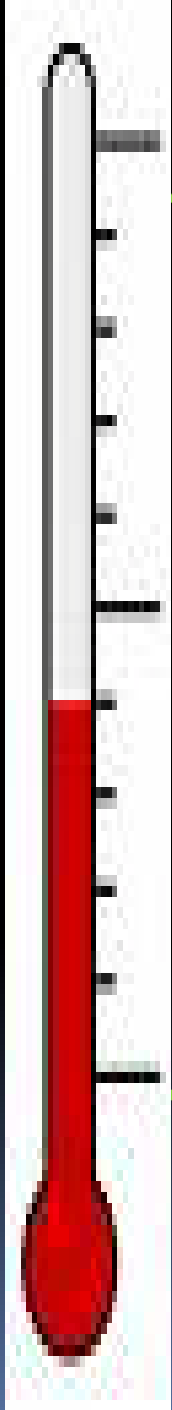
Generally Grumpy

Mildly annoyed

Somewhat Irritated

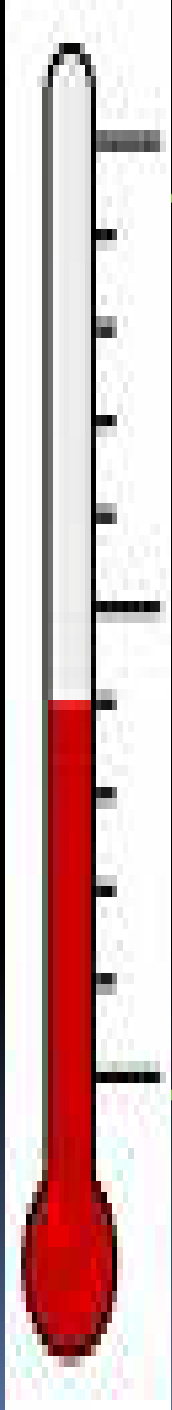
No Worries

**The
Rage
Gauge**



"Background"
level



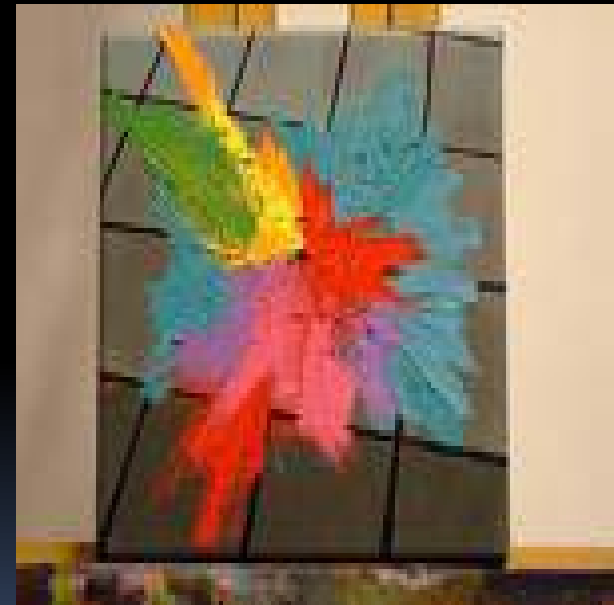


"Background"
level

VISIBILITY.



LEAKERS



SPLASHERS

STUFFERS

What does my anger MEAN?

- Secondary – or primary emotion?
- Righteous – or unrighteous anger?

**Anger is caused by a belief rather than an event*


•Unrealistic beliefs + perceived catastrophic event = I-can't-stand-it-itis.

•(Albert Ellis)



AN UNREALISTIC STANDARD FOR WOMEN

The feminists are right. She isn't cooking or cleaning



“What causes fights and quarrels among you....you WANT something but don’t get it....”

(James 4:1)

An iceberg floating in the ocean. The tip of the iceberg is above the water line, and the much larger part of the iceberg is submerged below the water line. The sky is blue with some clouds, and the water is a deep blue.

Act Attack
Blame Accuse

React Defend
Justify Deny

Hidden
Thoughts

- *perception*
- *meaning*
- *motives*
- *hopes*
- *wishes*

Hidden
Feelings

- *resentment*
- *disappointment*
- *hurt*
- *anxiety*
- *fear*
- *guilt*
- *shame*
- *sadness*



*Anger may be a
way of
- trying to control
others*

keeping
people at
a distance



Covering up
pain



Making
people take
us seriously



We are created
with a sense of
Significance –
We MATTER



*Do you have a
RIGHT to be
angry.....?*

GOD

(Jonah 4:9)

Thomas Aquinas:
(godly anger is)

*"Passion tempered
with reason"*

(c.1260 AD)

Policeman



Judge

or

Freedom
Fighter



*In your anger do not sin
When you are on your beds
search your hearts & be silent
Offer right sacrifices
And trust in the LORD*

(Psalm 4:4)

Work it off



Sitting
with it



© Tony Northrup

Talking it
through



Letting
others be
your
mirror





Action....
following it
through