

Right Living Lesson #8



What Makes You Think

I'm Angry?!

Dealing with Anger



What Makes You Think I'm Angry?!

DO YOU...

- Say "I would of, should of, never, have to.."
- Submit to unfair circumstances.
- Feel out of control in your life.
- Beat around the bush when it comes to addressing hard issues in your life.
- Not like to think about your own contributions to your dilemma (i.e., play the blame game).
- Sacrifice your own growth to bolster and protect your abuser.
- Preserve the status quo in your marriage at the expense of your own self.
- Avoid testing how much flexibility your relationship has to tolerate change on your part.
- Feel helpless and powerless.
- Cry... a lot.
- Get headaches.
- Believe that you behave badly.
- Ask yourself, "What is wrong with me?" (rather than asking "What is wrong with this relationship).
- Feel like it is not okay to feel angry.
- Believe that anger is a waste of Christian time.
- Believe that good people do not feel anger.
- Make excuses as to why you should not feel angry.
- Believe that if you get angry you might end up going nuts.
- Fear that if you get angry, people will not love you.
- Think that other people should never be angry with you... especially Christians!
- Take the blame whenever anyone is angry and assume that it was you that did something wrong.
- Feel that you are responsible for making angry people not angry.
- Believe that when you get angry, it is someone else's responsibility to fix your anger.
- Believe that if you get angry with someone, the relationship is over.
- Punish people when you get angry with them.
- Believe that if you get angry with someone, that person must change.
- Get violent when you get angry (i.e. throwing things, shout, etc.)
- Believe that if you are mad at someone it means that you don't love them anymore.
- Believe that anger is a sinful emotion.
- Believe that you can only feel angry if it is justified.
- Think that God is not a just God.
- Avoid sexual intimacy with your abuser.
- Hold your breath during sex.
- Suffer from anxiety or panic attacks.
- Become overwhelmed by fear and emotion.

**"Then the LORD said, "Why are you angry? Why is your face downcast?"
(Genesis 4:6)**