

Anger

JOY! CHURCH | 5.22.2022

WE LOVE YOU. YES, YOU



Anger Insight: Do I...

- Ponder aggressive acts of violence more often than seems okay
- End up in violent or confrontational situations more often than seems okay
- Experience road rage
- Blame others for my own feelings or troubles with more consistency than seems okay
- Feel misunderstood. "No one gets me" despite what evidence shows, or seems rational
- React with violence without thinking of the consequences
- Have any history of violence-related arrests
- Have any history of legal or personal trouble for domestic violence
- Break or destroy objects when angry or frustrated
- Use threats, violence, screaming or passive aggression to control others
- Enjoy violent and dramatic situations, real or on screens

Anger Insight: Do I...

- Get easily frustrated with other people
- Get easily frustrated with the world around me or my inability to control it
- Use alcohol or other mood-altering substances beyond what deep down I know is okay
- Seldom experience contentedness or never feel satisfied
- Have any history of losing a relationship to anger
- Seem to end up in relationships that are chaotic or filled with arguments
- Experience depression. Anger goes with depression like PB goes with J
- Hold on to history. Keep on telling same story
- Seem to hold onto grudges. Is forgiveness hard to come by
- Get angry daily or sometimes even several times a day

Anger Insight: Do I...

- Have a pattern of disproportionate reactions and responses
 - Little things trigger outsized reactions. Annoyances upset more than they should.
- Use controlling behaviors
 - Yell. Interrupt. Discount. Demean. Distract.
 - Be impatient, others talking is imposition, pretend to listen
- Complain. Focus on, invest in, list others' shortcomings, transgressions
- Seem to carry disproportionate sensitivity
 - Be hypervigilant. Wait for others to mess up. Prophesy wrongs and offenses.
- Use (not-so) comic relief. "Humorous" criticism. Sarcasm. Deceive self that it's okay
- Show excessive helpfulness, kindness, to make myself look better, equal or superior

Anger Insight: Do I...

- Tend to notice and be bothered by things that other people find trivial
- Major on the minors. Nitpick. Hear complaints from others too often that I nag.
- Correct others more often than seems reasonable. Tend to fact-check others too much
- Find myself in wrong-person friendships or romances or unhealthy relationships
- Cut myself off from others. Push friends away. Isolate
- Spend more time justifying being mean or apologizing for it than I know is right
- Spend more time repairing relationships than maintaining or growing them
- Seem to be really defensive. And it's like it just happens, like I can't help it.

Anger Insight: Some physical flags...

- Heart races, get sweaty
- Hot: Red face, labored breathing/shortness of breath, fidgeting, pacing. "I'm hot"
"Boil over". Lose control. Black out, not remember pieces of what went down
- Cold: Cold hearted, low to no compassion or empathy, pleasure in misfortune of others, quick to condemn & slow to praise. Distant, aloof, remote.
- Memory starts getting a bit fuzzy. Anger actually changes brain chemistry and affects neural pathways. Over time it changes how your brain functions. The good news? That can be changed too (neuroplasticity)
- Feel rundown. Anger takes a lot of work. Anger reduces capacity.
And anger loves to help toward feeling overwhelmed

"It's just how I am" OK. Ya sure ya wanna stay that way?

- **Jesus is close.**
Is the pain of staying the same greater than the pain of changing? Jesus is even closer.
- **Jesus loves you. We do too.**
Exactly as you are. He and we love you too much to let you stay that way. We're with you.
- **Legalize insight.** "I might have a problem." "If I coulda fixed this on my own I woulda."
- **Let courage in.** Say something. Take hold of an outstretched hand. Get some help.
- **It's never too soon.** Anything you're waiting for is artificial
- **It's never too late.** "I'm too bad; I've done too much; things are too far gone". **NOPE**
- **Take a first step.** Accept God's invitation to supper. Partake of communion.

Choose well the dinner invitation you accept

Anger

Of the Seven Deadly Sins, anger is possibly the most fun. To lick your wounds, to smack your lips over grievances long past, to roll over your tongue the prospect of bitter confrontations still to come, to savor to the last toothsome morsel both the pain you are given and the pain you are giving back—in many ways it is a feast fit for a king. The chief drawback is that what you are wolfing down is yourself. The skeleton at the feast is you.

~ Frederick Buechner

Jesus

Behold, I stand at the door and knock. If anyone hears my voice and opens the door, I will come in to him and eat with him, and he with me.

~ Revelation 3

He took bread, and after blessing it broke it and gave it to them, and said, "Take; this is my body." And he took a cup, and when he had given thanks he gave it to them, and they all drank of it. And he said to them, "This is my blood of the covenant, which is poured out for [you]."

~ Mark 14, Luke 22, 1st Corinthians 11

What's Burning now? Hearts

WHEN JESUS WAS AT TABLE WITH THEM, HE TOOK THE BREAD AND BLESSED AND BROKE IT AND GAVE IT TO THEM. AND THEIR EYES WERE OPENED, AND THEY RECOGNIZED HIM. AND HE VANISHED FROM THEIR SIGHT. THEY SAID TO EACH OTHER, "DID NOT OUR HEARTS BURN WITHIN US WHILE HE TALKED TO US ON THE ROAD, WHILE HE OPENED TO US THE SCRIPTURES? ~ THE DISCIPLES, LUKE 24

