

Self Evaluation

The following inventory can help you in the recognition process as you seek to determine whether your anger is reaching a destructive level in your life.

Check the boxes of the statements that apply to you:

- I become impatient easily when things do not go according to my plans.
- I tend to have critical thoughts toward others who don't agree with my opinions.
- When I am displeased with someone I may shut down any communication with them or withdraw entirely.
- I get annoyed easily when friends and family do not appear sensitive to my needs.
- I feel frustrated when I see someone else having an "easier" time than me.
- Whenever I am responsible for planning an important event, I am preoccupied with how I must manage it.
- When talking about a controversial topic, the tone of my voice is likely to become louder and more assertive.
- I can accept a person who admits his or her mistakes, but I get irritated easily at those who refuse to admit their weaknesses.
- I do not easily forget when someone "does me wrong."
- When someone confronts me with a misinformed opinion, I am thinking of my comeback even while they're speaking.
- I find myself becoming aggressive even while playing a game for fun.
- I struggle emotionally with the things in life that "aren't fair."
- Although I realize that it may not be right, I sometimes blame others for my problems.
- More often than not I use sarcasm as a way of expressing humor.
- I may act kindly toward others on the outside, yet feel bitter and frustrated on the inside.

If you checked 4-8 boxes, your anger is probably more constant than you would like. If you checked 9 or more boxes, there is a strong possibility that you have struggled with periods of anger or rage, whether you are aware of it or not.

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

Eight Recovery Principles

Matthew 5:1-13 The Beatitudes

Realize I'm not God; I admit that I am powerless to control my tendency to do the wrong thing and my life is unmanageable. *Happy are those who know they are spiritually poor.*

Earnestly believe that God exists, that I matter to him, and that he has the power to help me recover. *Happy are those who mourn. God will comfort them.*

Consciously choose to commit all my life and will to Christ's care and control. *Happy are the humble.*

Openly examine and confess my faults to God, to myself, to God, and to someone I trust. *Happy are the pure in heart.*

Voluntarily submit to every change God wants to make in my life and humbly ask Him to remove my character defects. *Happy are those whose greatest desire is to do what God requires.*

Evaluate all my relationships; Offer forgiveness to those who have hurt me and make amends for harm I've done to others except when to do so would harm them or others. *Happy are the merciful. Happy are the peacemakers.*

Reserve a daily time with God for self examination, Bible readings and prayer in order to know God and His will for my life and to gain the power to follow His will.

Yield myself to God to be used to bring this Good News to others, both by my example and by my words. *Happy are those who are persecuted because they do what God requires.*

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GARDEN RIDGE CHURCH OF CHRIST

Anger

Find Healing From Life's Hurts,
Habits, and Hang-Ups



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Recognizing The Problem

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!

Take a few minutes and complete a simple questionnaire. It may reveal more about your anger than you realize. It may also be the beginning of the healing that you're looking for!

Celebrate Recovery meetings are open to everyone. Come and join us in a time of worship, amazing stories of transformed lives, and small group discussions designed to provide the strength to overcome life's hurts, habits, and hang-ups.

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