

**Characteristics of someone in recovery for Anger Issues may include, but are not limited to:**

- We have accepted Jesus Christ as our Higher Power.
- Working the 12 step recovery process diligently and consistently.
- We are learning that Jesus can be trusted.
- We are shifting our focus from ourselves and our desires to serve God and others.
- We are learning to take more personal responsibility for our actions and emotions.
- We are learning to “take a pause” before reacting.
- We have learned to recognize unhealthy patterns of anger in our lives.
- We have shared those patterns and “triggers” with at least one other person and are accountable to them for how we deal with them.
- We are learning to deal with our anger quickly.
- Ephesians 4:26, “In your anger do not sin; do not let the sun go down on your anger.”
- We are becoming more comfortable expressing our more vulnerable emotions like fear, hurt, rejection, and insecurity.

As you draw closer to your Higher Power, Jesus Christ, you will learn how to apply the 8 Recovery Principles and 12 Steps, designed to guide you in this journey we call “Recovery.” If you are diligent to provide willingness, integrity, consistency, and rigorous honesty, God will supply you with the courage, strength, and ability to take the necessary steps to gain freedom from unhealthy behaviors.

## Accountability Team

**Sponsor:**

**Accountability Partners:**

## Prayer for Serenity

God, grant me the serenity to accept the things I cannot change,  
the courage to change the things I can, and the wisdom to know the difference.

Living one day at a time, enjoying one moment at a time; accepting hardship as a pathway to peace; taking, as Jesus did, this sinful world as it is, not as I would have it.

Trusting that You will make all things right if I surrender to Your will; so that I may be reasonably happy in this life and supremely happy with You forever in the next.

Amen

## Freedom From Anger

# Celebrate Recovery

Green Acres Baptist Church



***Transforming Lives with  
the Truth & Power of Jesus***

**Monday  
Nights**

**6pm Family Meal  
7pm Large Group  
8pm Small Groups  
9pm Solid Rock Café**



**@CRGreenAcres**  
CelebrateRecoveryGABC.com

110 Student Center  
1505 Troup Hwy  
Tyler, TX 75701

## Exploring the Issue of Anger

There is a plan and a purpose for anger in our lives. Anger is one of our 10 basic God-given emotions and there are constructive ways to deal with and express anger. For many of us, anger is the primary way we choose to express emotions. Therefore, anger is an issue that must be managed.

We must learn to recognize our unhealthy patterns of anger and the emotions and circumstances that push us to become destructively angry. If we give Jesus a “NANO SECOND” (just one billionth of a second!) to help us learn to use all of our emotions according to God’s design for our lives, we will change our pattern of relating to others and our responsibilities appropriately.

We learned how to express anger inappropriately from others. We did not realize that when we lashed out in anger, we were ignoring our fear, pain, or another deeper hurt, hang-up, or habit. Many of us did not even realize we were struggling with anger because we did not express it, but rather, we stuffed it down and kept silent.

When most of us think of an “angry” person, we think of someone who destroys themselves and their relationships through uncontrollable outbursts of rage. This is only one part of anger, as anger has many faces. Suppressed or “stuffed” anger is equally damaging and destructive. All anger, if allowed to, will continue to destructively influence our behaviors and attitudes, and will eventually erupt from deep within the heart.

As our lives and relationships progressed we may have become addicted to the physical symptoms of anger. Some of us may have felt a momentary euphoria as we released the anger. Some of us justified our anger. We did not recognize we were actually hurting our loved ones and ourselves. In the heat of the moment, releasing our anger was all that mattered.

We may feel intense shame and guilt over the actions we have committed during our unhealthy expressions of anger. We vow never to act that way again, only to find ourselves back in the same situations, unable to change it by our own power.

### Characteristics of someone struggling with Anger Issues may include, but are not limited to:

- I have to raise my voice to get my point across.
- I become impatient easily when things do not go according to my plans.
- When I am displeased with someone, I may stop communication or withdraw entirely.
- I am annoyed easily when others don’t appear sensitive to my needs or convictions.
- I do not easily forget when someone “does me wrong”
- If someone has a misinformed opinion, I think of my comeback while they are speaking.
- When forced to deal with unwanted emotions or circumstances, I become resentful.
- I become annoyed when others don’t hold themselves to my standards.
- I often use sarcasm and humor to communicate a point.
- People take me seriously when I am “aggressive.”
- I may act kindly on the outside, yet feel bitter and frustrated on the inside.
- I find myself overreacting to minor incidents.

## How We Find Recovery

Through a relationship with Jesus Christ as Savior and Higher Power, and by working through the 8 recovery principles and the Christ-centered 12 steps, we can find freedom from our hurts, hang ups and habits.

**TAKE RESPONSIBILITY:** Recognizing and accepting responsibility for toxic patterns of behavior is the first step 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. He will help us overcome our destructive habits.

**EVALUATE THE ANGER:** There are two kinds of anger: healthy adaptive anger and unhealthy needless anger. Healthy anger is based on being protective of myself or others. Unhealthy needless anger is based on my resentment, which leads to wanting revenge. It is healthy and necessary to feel anger and to talk about anger. I should recognize anger as my own emotion and avoid hurting the objects of my anger — keeping my anger as a feeling not an action. Looking at anger as a feeling may also reveal a larger hurt, hang-up, or habit that is hiding behind the anger. It is what I do with my feelings that will allow me to fall into sin. I need to check the motives for my behavior. Rudeness under the disguise of being honest is still rudeness.

**DAILY QUIET TIME WITH GOD:** Anger causes me to live in conflict and not in peace. I will try to remember that God is in charge of my life and He loves me unconditionally. I will commit to having a daily quiet time with God. During this quiet time with God it would be helpful to identify some helpful Scriptures and write them somewhere to read throughout during the day. Some suggestions include the Serenity Prayer, Ephesians 4:31-32, and James 1:19-20.

**TAKING A “TIME-OUT”:** When I feel body arousal, I need to recognize that as a sign that I am getting angry. I will use a “time-out” to isolate myself from the trigger for my anger and to prevent the anger from becoming too intense. I will ask myself, “What is making me angry?” I will reappraise the situation to keep my behavior under control. I will do something physical to release the adrenaline rush and energy in a healthy way, such as going for a walk or cleaning a closet. I will avoid alcohol, caffeine, or other medicating substances during “time-out.”

**CONFRONTING IN LOVE:** After the time-out, I will go back and deal with what made me angry. If I leave an issue unresolved, it is likely to return later. I will not use the confrontation as an opportunity to blame, shame, seek revenge, or to rationalize my anger. Examples of confronting in love while stating my feelings are: “I love you; here’s how this action makes me feel,” or “I feel devalued when this is said or done.”

**WORK THE 12 STEPS AND CONNECT WITH OTHERS:** I will commit to working the 12 Steps, to attend regularly the Celebrate Recovery meetings, and to getting an Accountability Partner and Sponsor for my anger management.

**FORGIVE:** I will become willing to forgive myself and others (Colossians 3:13). Forgiveness is NOT forgetting what has happened. Forgiveness IS changing the way I think. Forgiveness IS giving up my desire for revenge.