

Anger Iceberg

Icebergs are large pieces of ice found floating in the open ocean. What you can see from the surface can be misleading. Most of the iceberg is hidden below the water.

This is how anger works. Often when we are angry, there are other emotions hidden under the surface.



Angry

embarrassed, shame, frustrated, distrustful, attacked, guilt, trauma, disrespected, disappointed, uncomfortable, regret, scared, tricked, overwhelmed, depressed, grumpy, rejected, nervous, exhausted, unsure, lonely, worried, hurt, grief, overwhelmed, disgusted, stressed, helpless, anxious, envious, offended, insecure

The Gottman Institute

??????

ASK:
BECAUSE YOUR QUESTIONS MATTER!

ALL OF OUR LIVES HAVE BEEN IMPACTED BY THE EVENTS OF 2020. WE ARE LEFT WITH MANY QUESTIONS ABOUT THE PRESENT AND THE FUTURE, FAITH AND FINANCES, PURPOSE AND PRIORITIES, RELATIONSHIPS AND DREAMS AND MUCH MORE.

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PURPOSE CHURCH

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Anger-O-Meter

ASK:

BECAUSE YOUR QUESTIONS MATTER!

ALL OF OUR LIVES HAVE BEEN IMPACTED BY THE
WORDS OF JESUS. WE ARE LEFT WITH QUESTIONS
REMAINING ABOUT THE PRESENT AND THE FUTURE.
HEALTH AND FINANCIAL, PASTOR AND PREDICATORS,
RELATIONSHIPS AND DEPENDS ARE ALL HERE.

January 17, 2021

Pastor Lisa Toney

TAME YOUR TEMPER

1 TIMOTHY 2:1-2

THE ANGER ICEBERG SHOWS HOW WE ALMOST ALWAYS FEEL
SOMETHING ELSE _____ BEFORE WE GET ANGRY.

JAMES 1:19-20

1 SAMUEL 18:6-9

THE GOAL ISN'T TO NOT FEEL ANGRY AT ALL, BUT TO _____
WHEN IT CROPS UP AND _____ A HEALTHY WAY TO DEAL WITH IT.

EPHESIANS 4:26

**THINGS ANGER EXPERTS ADVISE WE SHOULD NOT SAY TO HELP PREVENT
CAUSING ANGER IN OTHERS:**

| | | |
|---------------------------|----------------------------|---------------------|
| "YOU SHOULD..." | "YOU'RE WRONG..." | "I DEMAND..." |
| "WE CAN'T..." | "WE WON'T..." | "WE NEVER..." |
| "THAT'S STUPID..." | "YOU HAVE TO..." | "JUST RELAX..." |
| "CALM DOWN..." | "I'M TOO BUSY FOR THIS..." | |
| "YOU MUST BE CONFUSED..." | | "STOP STRESSING..." |
| "YOU DON'T UNDERSTAND..." | | "IT'LL BE FINE..." |

PROVERBS 15:1

PHRASES THAT CAN HELP:

"PLEASE SPEAK MORE SLOWLY. I'D LIKE TO HELP."

"WHAT WOULD YOU LIKE ME TO DO?"

"HOW CAN I HELP?"

ASK ANY QUESTION. KEEP YOUR TONE KIND.

USE "I FEEL" STATEMENTS AND AVOID "YOU..." STATEMENTS.

WHEN WE FEEL ANGRY:

- PAUSE, STOP, COUNT TO TEN, BUY YOURSELF SOME TIME TO COOL DOWN.
- USE AN ASSERTIVE, CLEAR, MEASURED, RESPONSE ABOUT HOW YOU ARE FEELING IN THAT MOMENT.
- LAUGH. USE HUMOR TO GIVE YOU A PAUSE AND CALIBRATE.
- ADJUST YOUR EXPECTATIONS.
- RELAXATION TOOLS - YOU CANNOT BE RELAXED AND ANGRY AT THE SAME TIME
- GO FOR A WALK OR EXERCISE

ADOPT A _____ FOR DEALING WITH YOUR ANGER.

PSALM 37:8

1. PRAY EVERY MORNING AND ASK JESUS TO HELP YOU WITH YOUR ANGER.
2. JOURNAL ABOUT WHAT YOU WERE FEELING WHEN YOU GOT ANGRY (UNDER THE ICEBERG). ASK GOD TO REVEAL TO YOU WHAT WAS GOING ON IN YOUR HEAD AND HEART. TALK TO YOUR SPOUSE, OR A FRIEND, OR A THERAPIST ABOUT THOSE THINGS. TALKING PREVENTS THINGS FROM BUILDING UP.
3. WRITE DOWN OR PUT ON YOUR PHONE AND CARRY WITH YOU A VERSE ABOUT ANGER.

ECCLESIASTES 7:9

4. HOW WAS ANGER HANDLED IN THE FAMILY YOU GREW UP WITH? ARE THERE PATTERNS THERE THAT YOU WANT TO ASK JESUS TO CHANGE? FIND HEALTHY, GOOD ROLE MODELS TO LEARN FROM.
5. WATCH THE RIGHT NOW MEDIA ANGER VIDEO SERIES BY CHIP ENGRAM CALLED OVERCOMING EMOTIONS THAT DESTROY. SIGN UP FOR RIGHT NOW MEDIA FOR FREE AT PURPOSECHURCH.COM/RIGHTNOWMEDIA.
6. REACH OUT TO A CHRISTIAN THERAPIST TO WORK ON YOUR ANGER ISSUES.
7. ATTEND THE LIFE ISSUES GROUP AT CELEBRATE RECOVERY ON TUESDAY NIGHTS 6:30 P.M. OR FIND OUT MORE AT PURPOSECHURCH.COM/RECOVERY.
8. CHART A NEW COURSE OF SELF-CONTROL. WITH JESUS ALL THINGS ARE POSSIBLE. "WITH JESUS, I CAN CONTROL MY ANGER."

THE SPIRIT OF GOD CAN GIVE YOU _____.

GALATIANS 5:22-26

Fill in the blanks: first, recognize, identify, Biblical Strategy, self-control