

CAUSES & CONSEQUENCES RELATED TO ANGER*

My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, for man's anger does not bring about the righteous life that God desires. (James 1:19-20)

Associated Words Concerning Anger

Anger	Disgust	Grumpiness	Rage
Aggravation	Dislike	Hate	Resentment
Agitation	Envy	Hostility	Revulsion
Annoyance	Exasperation	Irritation	Scorn
Bitterness	Ferocity	Jealousy	Spite
Contempt	Frustration	Loathing	Torment
Cruelty	Fury	Mean-Spirited	Vengefulness
Destructiveness	Grouchiness	Outrage	Wrath

Events That Cause Feelings of Anger

- Losing power.
- Losing Status.
- Losing Respect.
- Someone insulting you.
- Not having things turn out the way you expected.
- Experiencing physical, spiritual, emotional, & mental pain.
- Someone threatening you with physical or emotional pain.
- Having an important activity interrupted, postponed, or stopped.
- Not obtaining something you want (which another person has).

Interpretations That Cause Feelings of Anger

- Expecting pain (flight, fright, fight).
- Feeling that someone has treated you unfairly.
- Believing that things should be different.
- Rigidly thinking, "I'm right!"
- Judging that the situation is illegitimate, wrong, or unfair.
- Rehearsing the past or present events that set off the anger in the first place.
- Experiencing the Emotion of Anger
- Feeling meaningless or inferior.

* Dr. Robert Vaughan. General Psychology (PSY 130). Crown College. Saint Bonifacius, MN. February-March 2007.

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- Feeling out of control.
- Feeling extremely emotional.
- Feeling tightness or rigidity in your body.
- Feeling your face flush or get hot.
- Feeling nervous, tense, anxious, or discomfort.
- Feeling like you are going to explode.
- Teeth clenching, or mouth tightening.
- Crying; being unable to stop tears.
- Wanting to hit, bang the wall, throw something, blow up.

Expressing & Acting on Anger

- Frowning; mean or unpleasant facial expression.
- Gritting or showing your teeth in an unfriendly manner.
- Grinning.
- A red or flushed face.
- Verbally attacking the cause of your anger; criticizing, condemning, complaining, calling names, cussing & swearing, judging.
- Physically attacking the cause of your anger.
- Using a loud voice, yelling, screaming, or shouting.
- Clenching your hands or fists.
- Making aggressive or threatening gestures.
- Pounding on something, throwing things, breaking things.
- Walking heavily or stomping; slamming doors, walking out.
- Withdrawing from contact with others.

How Do We Regulate Our Anger?

Out-of-control emotions are the product of a heart that someone has not saturated with Scripture. The way to control our emotions is to control our minds, renewing them by the daily input of Scriptural principles, the knowledge of God, and meditation on His attributes. It is also important to practice the other spiritual disciplines such as Scripture reading, memorization, meditation, and application; journaling, prayer, confession and genuine repentance. The Holy Spirit, along with the Word of God will bring about appropriate emotions based on truth. When we immerse ourselves in the only means of our sanctification—the Bible—we arm ourselves with the only effective weapon against out-of-control emotions. Then we can control our emotions instead of them controlling us. In themselves, emotions are not unbiblical, but they are indications of what is in our hearts (Luke 6:45).