

Overcoming Anger

Suppressed or "stuffed" anger is extremely damaging and destructive as it will only continue to negatively influence our behaviors and attitudes. Ultimately, even suppressed anger erupts from deep within the heart.

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 this 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!

Anger - The Solution

Every person has a "Pattern of Toxic Behavior" that can significantly damage the important and intimate relationships in his or her life.

Anger is one of our ten basic, God-given emotions. This emotion can be

CONSTRUCTIVE

OR

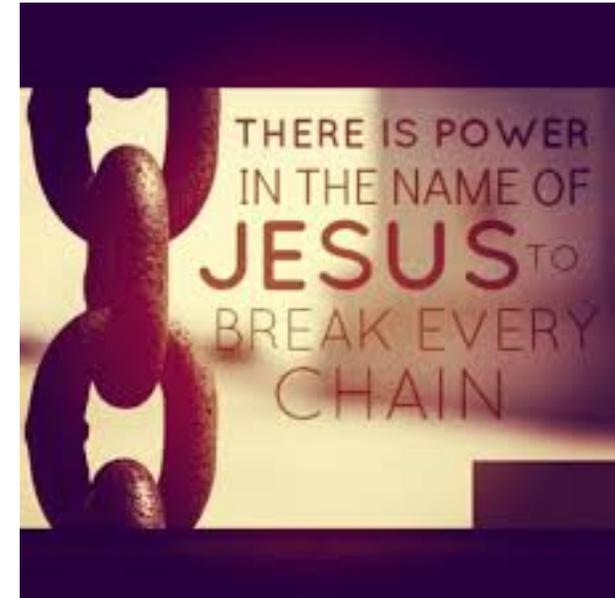
DESTRUCTIVE

depending upon our response.

Our focus 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.

Faith based Recovery
Oak Hill Bible Church
40 Sacarrappa Rd. Oxford, Ma. 01540
www.celebraterecovery.com
Weekly Meetings: Tuesday at 7pm
For more information: 774-272-1358 or
email gchalifoux1@gmail.com
Exit 4A off 395 in oxford, Ma. go
towards Market Basket/Home Depot
lights, take left onto Lovett Rd, follow
and bare right onto Sacarrappa Rd.
church is on left.

ANGER



Faith
Based
Recovery

A Christ Centered
12 Step Recovery Program

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.

| | |
|--------------------------|---|
| <input type="checkbox"/> | I become easily impatient when things do not go according to my plans. |
| <input type="checkbox"/> | I tend to have critical thoughts toward others who don't agree with my opinions. |
| <input type="checkbox"/> | When I am displeased with someone I may shut down any communication with them or withdraw entirely. |
| <input type="checkbox"/> | I get annoyed easily when friends and family do not appear sensitive to my needs. |
| <input type="checkbox"/> | I feel frustrated when I see someone else having an "easier" time than me. |

| | |
|--------------------------|---|
| <input type="checkbox"/> | Whenever I am responsible for planning an important event, I am preoccupied with how I must manage it. |
| <input type="checkbox"/> | When talking about a controversial topic, the tone of my voice is likely to become louder and more assertive. |
| <input type="checkbox"/> | I can accept a person who admits his or her mistakes, but I get irritated easily at those who refuse to admit their weaknesses. |
| <input type="checkbox"/> | I do not easily forget when someone does me wrong. |
| <input type="checkbox"/> | When someone confronts me with a misinformed opinion, I am thinking of my comeback even while they're speaking. |
| <input type="checkbox"/> | I find myself becoming aggressive even while playing a game for fun. |

| | |
|--------------------------|--|
| <input type="checkbox"/> | I struggle emotionally with the things in life that aren't fair. |
| <input type="checkbox"/> | Although I realize that it may not be right, I sometimes blame others for my problems. |
| <input type="checkbox"/> | More often than not I use sarcasm as a way of expressing humor. |
| <input type="checkbox"/> | 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.