FROM ANGER TO INTIMACY:
MAKING YOUR ANGER WORK FOR YOU
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WHY IS UNDERSTANDING ANGER SO IMPORTANT?

BIBLICAL PERSPECTIVES ON ANGER

WHAT IS ANGER?
A. A strong feeling of IRRITATION or displeasure.
B. A state of READINESS. Anger is ENERGY.
C. A SECONDARY emotion that is experienced in response to a PRIMARY emotion such as fear, hurt or frustration.
D. It is critical that we differentiate between the EXPERIENCE and the EXPRESSION of anger!

WHY IS ANGER SUCH A MAJOR PROBLEM?
A. It is such a MISUNDERSTOOD emotion.
B. It is one of the most POWERFUL and CONTROLLING of all the emotions.
C. When not properly understood and dealt with, it is one of the most DANGEROUS.
D. Anger has definite PHYSICAL effects.

WHAT ARE SOME MAJOR CAUSES OF ANGER?
A. HURT (Past)  B. FRUSTRATION (Present)  C. FEAR / Anxiety (Future)

WHAT ARE THE MAJOR CAUSES OF YOUR ANGER?

THE EMOTION OF ANGER

DESTRUCTIVE ANGER (REACTS)
A. Passive Approaches:
B. Unhealthy Anger Styles
   1. The CREAM-PUFF  2. The LOCOMOTIVE  3. The STEEL MAGNOLIA

HEALTHY / CONSTRUCTIVE ANGER (RESPONDS)
A. It seeks to UNDERSTAND.
B. It is PROACTIVE and not reactive.
C. Its motivation is to be CHRIST-LIKE and is not driven by a spirit of bitterness or resentment.
D. It is CONTROLLED.
E. It is focused on correcting wrong actions or situations and NOT getting even with or punishing individuals.
F. The anger-energy isn’t merely spent, it is INVESTED.
G. Healthy anger expressions include:
- responds     - indignation     - trusting     - caring
- anger communicated     - responsible     - proactive     - listens
- motivated by love     - unselfish     - firm     - I win/You win

WHAT ARE SOME CONSTRUCTIVE WAYS TO DEAL WITH ANGER?

A. General Principles:
   1. Biblical Perspectives    Ephesians 4:26-27 > Genesis 4:3 ff
      1. Ephesians 4:3; Col. 3:8:     3. Prov. 15:18; 16:32; 19:11; 29:11:   5. Mark 3:5; Eph. 4:26:
      2. Col. 3:2; Prov. 15:1; Prov. 20:2:   4. Prov. 22:24-25; 29:22:

   2. Choose Your Focus
      a. Problem-Focused (ANALYZE it)
      b. Solution-Focused (GET through it)
      c. Growth-Focused (GROW through it)

   3. Utilize the Resources of Emotional Intelligence (EQ)
      a. Self-Awareness (Psalm 139:23-24)
         Emotional Self-Awareness* Accurate Self-Assessment* Self-Confidence*
      b. Self-Management
         Emotional Self-Control* Transparency Optimism Adaptability

B. Specific Steps: Have an emotionally intelligent plan to deal with your anger!

Self-Awareness

1. Be AWARE of it.
2. ADMIT / ACCEPT responsibility for it.
3. Remind yourself of the positive things that healthy anger can provide.
   a. It serves as an ALARM.
   b. It is a source of MOTIVATION.
   c. It is a powerful source of ENERGY.
   d. It can become a WINDOW revealing a need, value or growth-point for your spouse
      and/or for your relationship.
   e. It can actually increase trust and INTIMACY in a relationship.

Self-Management

4. Determine at the outset who/what is going to have the CONTROL.
5. DEFINE it . . . identify the cause/source of it.
6. Choose your RESPONSE. How are you going to choose to INVEST the energy?

    SPEND             INVEST
The most effective way to “invest” your anger-energy is to choose to understand!

7. Learn the Lessons

CONCLUSION

A. **PROCESS** it, then **EXPRESS** it.
B. Remember that **CRAZY** means to find what doesn’t work and keep on doing it . . . and expecting different results!

RESOURCES

Oliver & Wright, *A Woman's Forbidden Emotion: How to Own, Express and Use Your Anger to Grow More Spiritually Alive and Be Yourself*, Regal Books, 2005

Oliver & Oliver, *Raising Sons . . . and Loving It*, Zondervan, 2000

Wright & Oliver, *Fears, Doubts, Blues and Pouts*, Victor Books, 1999