

ANGER JOURNAL
"EXAMPLE"

1. What circumstances led to my becoming angry?
2. What did I say/do when I became angry?
3. What is the biblical evaluation of what I said/did when I became angry? (How does the bible classify it?)
4. What should I have said/done when I became angry? How could I have responded biblically when I became angry?

THE HEART JOURNAL
"EXAMPLE"

1. What happened to provoke me to anger? (What circumstances led to me becoming angry?)
2. What did I say to myself (in my heart when I became angry)?
3. What did I want or desire when I became angry?
4. What does the Bible say about what I said to myself when I became angry?
5. What should I have said to myself when I became angry?
6. What should I have wanted more than my own selfish and idolatrous desires?

COUNSELING FAMILIES WHO STRUGGLE WITH ANGER

I. Understanding Anger

Anger: “Is our whole-personed active response of negative moral judgment against a perceived evil. “

Robert Jones, Uprooting Anger

A. Two Types of Anger

1. Righteous Matt 21:12-13
2. Unrighteous Col 3:8, Jam. 4:1-4

B. Two ways sinful anger is demonstrated

1. Revealed Anger — Confrontational, at times explosive, leaves relational damage, emotional grenade.
2. Concealed Anger — Passive, this is anger someone stuffs. Known for bitterness and holding grudges, avoidance of those they are angry with.

C. Anger is a secondary emotion meaning there is another emotion/response triggering the anger.

1. Fear
2. Grief - Loss is at the center of this as well
3. Shame

D. Anger is often used as a manipulation tactic to get what someone wants. Why do they keep using it? It works. Proverbs attributes sinful anger to a fool. Prov 16:32, Prov 29:22 Prov 29:11

II. Applying the CARE model to Anger in a Parent or Child

A. Connect with Compassion

1. Give them grace by demonstrating acceptance and pointing them to the fact that Christ can set them free from anger.
2. Demonstrate you understand them by sharing in their story and by sharing appropriately how you may have struggled with anger.

3. Be prepared to not take their anger personally if it comes out in counseling. Set boundaries but don't take it personally.

B. Assess the Heart

1. Listen to their story and ask open ended (X ray questions)
2. Identify what are the primary root issues underneath the anger. Anger is a fruit of what is really going on.
3. Look at the WILL (what do they worship, how do they identify themselves, what do they love and what is the lifestyle) Take good notes here.
4. Where is there loss, where is their grief, How are they not getting what they want? Is their desire a healthy desire that has become an idol?

C. Respond with Truth and Grace

1. Help them to see that their anger is secondary and help them to discover what root issue is.
2. Jesus offers them forgiveness, grace, healing and strength.
3. God is near them and he is our judge and defender
4. Our sin and injustices we have done to Christ are forgiven and we need to forgive as Christ has forgiven.
5. Anchor your heart and identity in who Christ is and who he says you are
6. Humble yourself before God and take the log out of your eye before you try to take the splinter out of someone else's.
7. The Holy Spirit is our strength and helper minute by minute. Surrender to him and go to the throne to receive mercy and grace.
8. Work to become meek (Strength under control) Seek to serve rather than be served

D. Encourage and Equip

1. Bible passages that include:
 - God's character, actions and promises
 - Narratives of how destructive anger can be
 - Walk through Proverbs to demonstrate the foolishness of anger and the wisdom of self-control
 - What love is and how to forgive
2. Directed prayer assignments that correspond to the Bible passages I would give. Also teach them Heb 4:12-16 (Watch for how they pray in the counseling room in regard to confession and repentance)
3. Anger Journal & Heart Journal

4. Role play what healthy conflict “peacemaking” looks like
5. As they are ready, walk through what it looks like to forgive someone. This can be done by writing a letter, going to the person and offering forgiveness.
6. Have them teach others about what they are learning.
7. Make sure they are serving and giving in biblical community.

Resources:

1. The Heart of Anger, Louis Priolo
2. Uprooting Anger, Robert Jones
3. Good and Angry, David Powlinson
4. Keeping Your Cool, A Teens Survival Guide, Louis Priolo
5. Getting a Grip, The Heart of Anger Workbook for Teens, Lou Priolo
6. Caring For the Souls of Children, Amy Baker