

# NewLife

B E H A V I O U R

*Ministries - South Africa*

**COURSE I - A SENSE OF SELF**

**UNIT 4 - *Understanding Our Feelings***

**Lessons 2 & 3**



**What is Anger  
and what does the  
Bible say about it?**

List how the adults you observed while you were a child acted when they were angry.



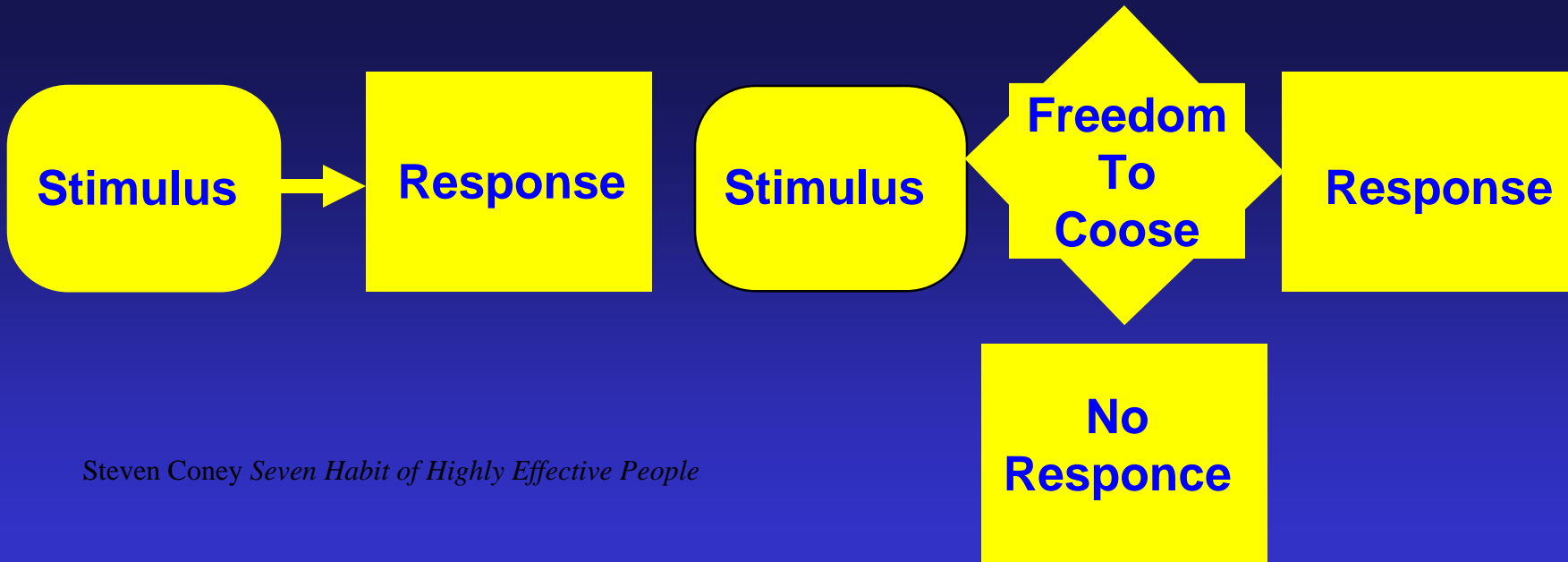
# Defining and Understanding Anger

- A. What is Anger?
- B. The Components of Anger
  - 1. *The Emotional Response*
  - 2. *The Cognitive Response (The Thought Process)*
  - 3. *The Behavioural Response*
- C. Anger: A Learned Response
- D. The Positive Side of Anger
- E. Biblical Examples of Productive Anger
- F. Anger in Relationships
- G. Hostility and Bitterness
- H. Is Anger a Sin?
- I. The Anger of God

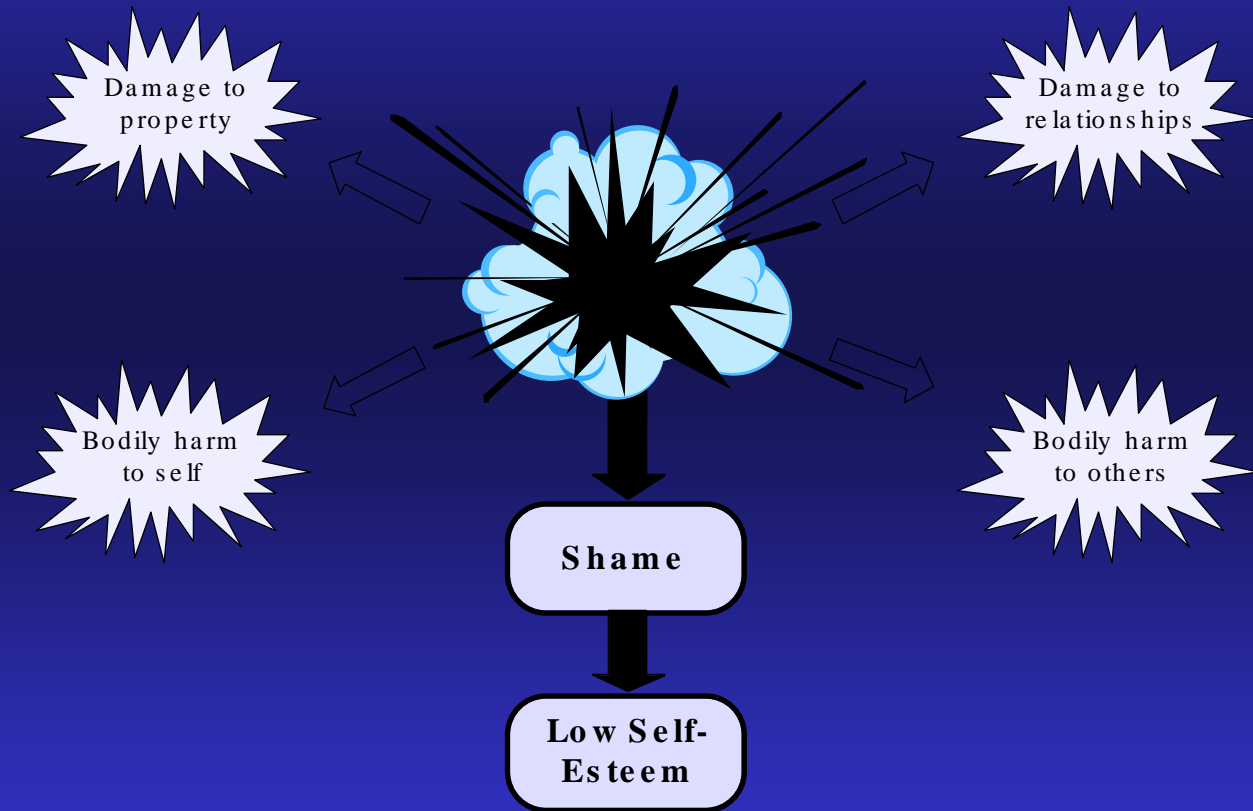
# J. What Makes People Angry?

**Reactive  
Model**

**Proactive  
Model**



# K. Ventilation of Anger: Good or Bad?



L. Self-Esteem, Anger and Loneliness

M. Frustration

N. Yielding Our Rights

# Handling Anger



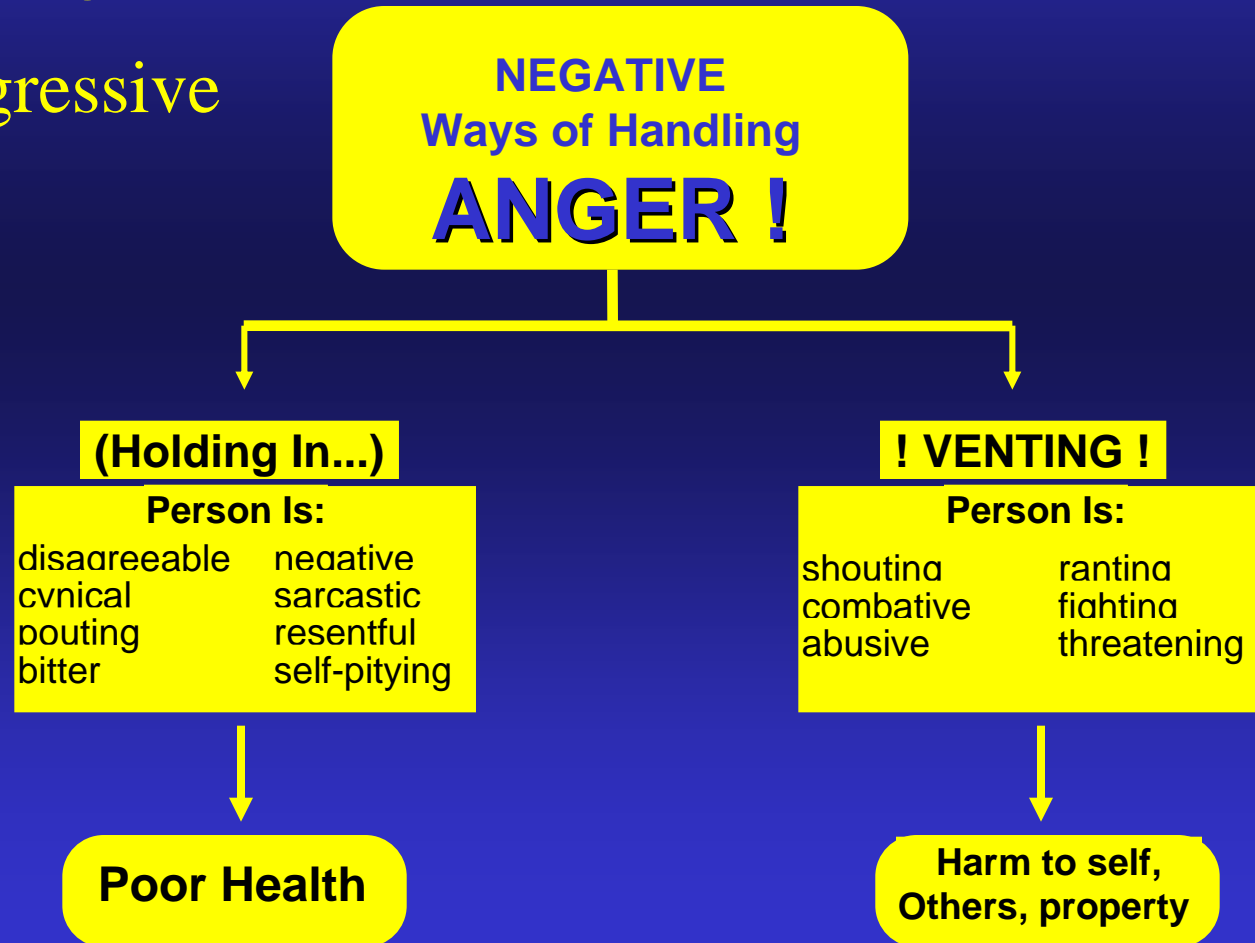
Describe three situations in which you are likely to become angry and how you behave when you are angry.

# Destructive Ways of Handling Anger

A. Holding In Anger

B. Passive-Aggressive  
Behaviour

C. Ventilation



# How to Handle Anger in Positive and Productive Ways

## A. Seven Steps for Handling Anger

- 1. Acknowledge the Anger*
- 2. Control Thoughts*
- 3. Discern the Cause of Anger*
- 4. Challenge Irrational Beliefs*
- 5. Do Not Be Bothered by Everything*
- 6. Consider the Goals of Relationships*
- 7. Develop Peace of Mind*

# Slow to Anger: Holding Anger Back

*James 2:19-20*

*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*

**LOW**

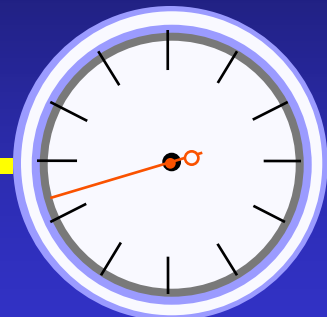


**ANGER**

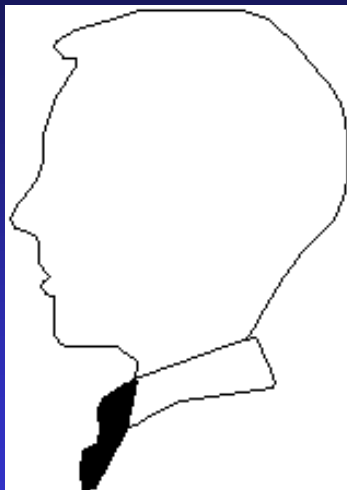
**S**  
**L**

**Practice forgiveness**  
**Focus on others**  
**Inner dialogue**  
**Life is not perfect**  
**We are not perfect**

Allows time for..



**Thoughtful consideration  
of an appropriate response...**



# Expressing Anger Properly

- 1. There are times when anger need to be expressed*
- 2. Anger must be expressed without sin*



- 3. Anger must be dispelled quickly*

# Rules of Confrontation:

## Be One Who FACES Problems Productively

**F:** *Focus on Feelings not on Faults. Stick to the Facts*

**A:** *Allow the other person to Respond. Listen!*

**C:** *Compliment before Criticizing. Be Concerned.  
Communicate, Concentrate, Compromise.*

**E:** *Express feelings in private. Never Exaggerate*

**S:** *Work toward a Solution*

# Handling Angry People With *CLASS!*

**C:** Remain *Calm*. Show *Caring* and *Concern*.

**L:** *Listen* to the other person.

**A:** *Agree*.

**S:** Give absolutely not *Solution*.

**S:** Make *Suggestions* (not solution).

***This is the end of the slide show.  
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If you have missed any information, please keep watching