

THE DARK CLOUD OF ANGER

Anger defined, "A violent passion of the mind excited by a real or supposed injury; usually accompanied with a propensity to take vengeance, or to obtain satisfaction from the offending party. This passion however varies in degrees of violence, and in ingenuous minds, may be attended only with a desire to reprove or chide the offender."

-1828 Dictionary of the American Language

1. One mental health professional writes, "Perhaps the best way to identify whether or not your suffering from an anger management problem is to ask yourself if your anger has in any way negatively affected your enjoyment of life." Take a moment to think about this question. How has your anger affected your life? Your emotional well-being? You children? Your family?

2. Take a look at our *Dark Cloud*. Does anything stand out? Read Ephesians 4:29 (NIV):

"Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others *up* according to their needs, that it may benefit those who listen."



3. Janell encouraged that we "Jump into the Cloud," offering (4) Action Steps:

- a. Face it → †
- b. Fight it →
- c. Finish it →
- d. Make a Fresh Start →

What (1) action step can you take today to calm the storm of anger?

Why are these **hindrances** to healthy communication in our families, relationships, & communities?



4. Make **HEALTHY COMMUNICATION PATTERNS** your highest priority. REFRAIN and RETRAIN. Consider these (4) Rules of Communication (Robert D. Jones, *Uprooting Anger*), based on Ephesians 4:25-32:
- Be honest (v. 25).
 - Keep current (vv. 26-27).
 - Attack problems, not people (vv. 29-30).
 - Act; don't react. Control your emotions (vv. 31-32).

Resources for Healthy Communication Skills:

Uprooting Anger by Robert D. Jones
Rock-Solid Families by Janell Rardon
Breaking Free from Anger & Unforgiveness by Dr. Linda Mintle
Why Don't We Listen Better? by Dr. James Peterson
Bridges not Walls: by John Stewart
Who's Pushing Your Buttons? by Dr. John Townsend

Check out <http://www.janellrardon.com/freebies--follow-up.html> for follow up & resource section.

