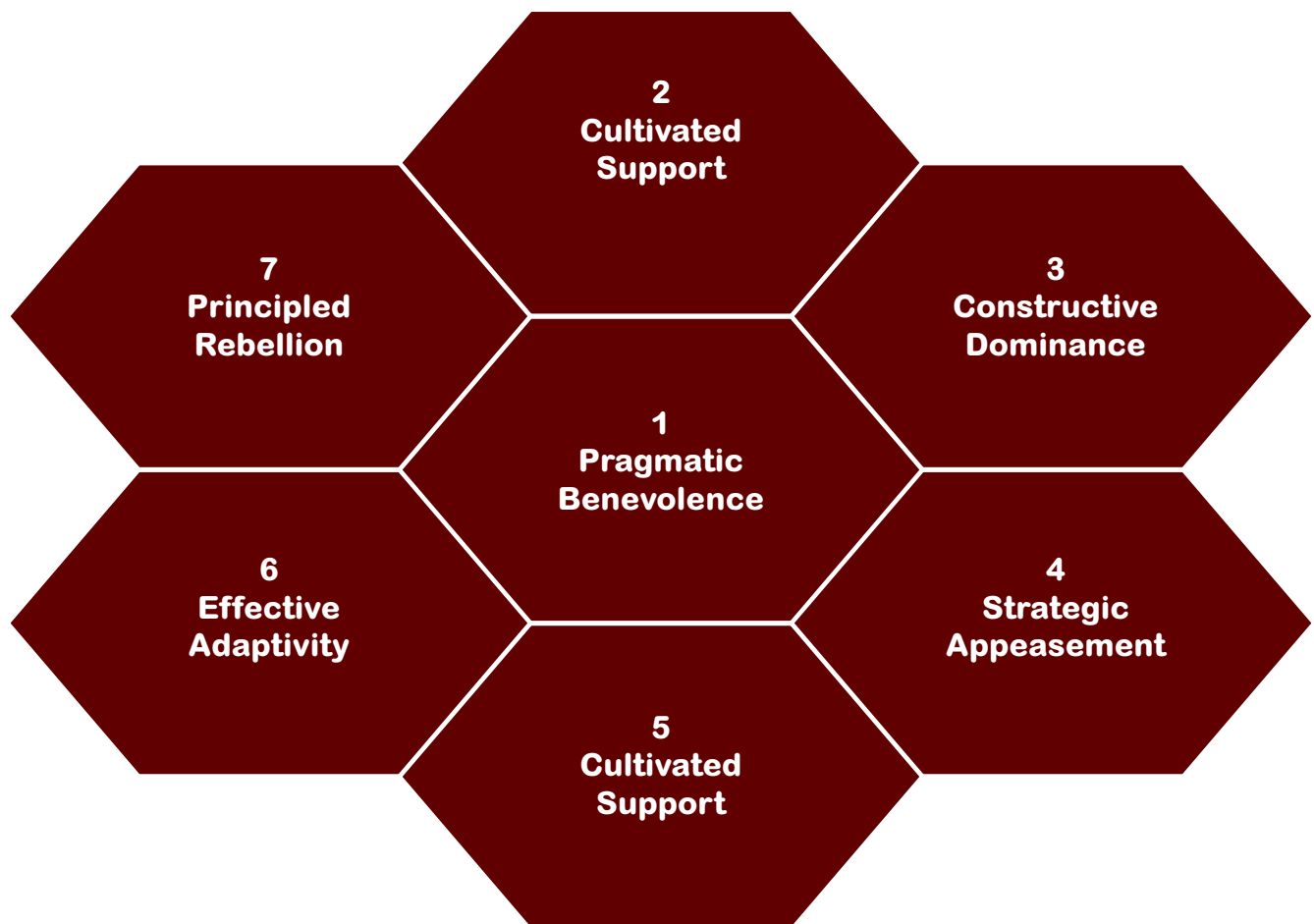


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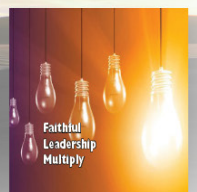
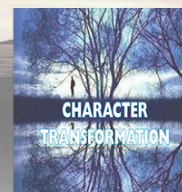
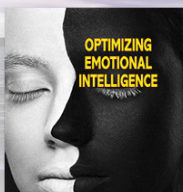
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The Power behind the Character Way of Anger Resolution

Introduction

Anger is a universal experience. We all get angry from time to time and this workshop is not about teaching you to never become angry, or to hide your anger. It really is about managing your anger.

You don't have to be a psychologist to know that managing our anger is something we need to do well. Research tells us that those who do manage their anger at work are much more successful than those who don't.

"Out of control, you are at the mercy of your anger...you need a new kind of relationship with your emotions, one where you run them instead of them running you."

María Arapakís

This is really what we want to do: have a new type of relationship with our emotions, a relationship where we manage them rather than letting them manage us.

Many of us are alarmed at how anger is controlling our lives. However, anger is a learned response, and the anger response can be unlearned, with commitment and effort.

Self-awareness is a key element for managing your own anger, because the use of anger management skills presupposes that you know when you are angry and recognize that anger as a cue that something is wrong.

To understand and develop the skills associated with anger management, think of anger as five interrelated dimensions, all operating simultaneously. These dimensions are:

- Our thoughts when we are angry
- The emotions that our anger arouses
- The ways we let others know that we are angry
- How we experience the world when we are angry
- How we act when we are angry

For example, what you think when you are angry influences how you feel; how you feel when you are angry influences how you communicate; how you communicate affects how you think; how you think affects how you behave.

Think of your own anger. Can you identify those things you normally think, feel, say, and do when you are angry? How does the world look to you when you are angry?

Tell the group you have a story to tell them. They may see a cost of anger they'd not thought about after they hear this story.

There once was a little girl who had a very bad temper. Her mother was a wise woman. One day she gave her daughter a bag of nails and told her that every time she lost her temper, she must hammer a nail into the back of the fence.

The first day the girl drove 37 nails into that fence. It was hard work and over the next few weeks, as she learned to control her anger, the number of nails hammered daily gradually

dwindled down. She discovered it was easier to hold her temper than to drive those nails into the fence.

Finally the day came when the girl didn't lose her temper at all. She told her mother about it and the mother suggested that the girl now pull out one nail for each day that she was able to hold her temper. The days passed and the young girl was finally able to tell her mother that all the nails were gone. The mother took her daughter by the hand and led her to the fence. She said, "You have done well, my daughter, but look at the holes in the fence. The fence will never be the same. When you say things in anger, they leave a scar just like this one." You can put a knife in a person and draw it out. It won't matter how many times you say I'm sorry, the wound is still there. A verbal wound is as bad as a physical one."

Family and friends are very rare jewels, indeed. They make you smile and encourage you to succeed. They lend an ear, they share words of praise and they always want to open their hearts to us." At the end of today, ask your friends and family to forgive you if you ever left a hole in their fence.

Discussion

In the space below write a brief description of how anger has affected you in each area.

- 1) How has anger affected you in your work relationships?
- 2) How has your anger, or someone else's anger, affected the relationships in your family of origin?
- 3) How has anger affected your marriage or your intimate/romantic relationships?
- 4) How has anger affected your children?
- 5) How has anger affected your friendships?
- 6) How has your anger harmed people who aren't family or friends?
- 7) How has your anger affected your health and physical well-being?
- 8) How has anger damaged you?
- 9) How has anger affected you financially?
- 10) How has anger affected you spiritually?

Anger Pay-Offs

Costs and Pay-Offs: In addition to its cost to your relationships, anger can also be bad for your health. Think of a garden hose. Let's say you have two of them, a ¼ inch and a ½ inch hose. If you hook the ½ inch up to the outside water faucet you get a stream of water. However, if you hook up the ¼ inch hose, you get a much stronger stream of water, because the pressure has been raised. When we get angry our blood vessels constrict and it's just like we switched from a ½ inch to a ¼ inch hose.

It isn't the anger that is the problem; it's how we express our anger. If we let it out, and explode in anger, we run the risk of high blood pressure and a heart attack. If we hold our anger in, on the other hand, and don't learn how to tell others what we are feeling, we are at risk for a stroke. Either way, we lose. So we want to find other ways to deal with this emotion. At least in part, our anger is learned. We've learned how to cope with our frustrations and our hurts this way. And it has worked, at some level. There is usually some sort of pay-off for us: people do what we ask them to do, our tension is released and for a brief moment we feel better, we feel we've gotten revenge. One thing you should try to do is figure out what your pay-off is.

What Are your Anger Pay-Offs? In this exercise you will identify which of the five anger pay-offs are influencing you. Don't be surprised if all five of them play a part in your anger. For each anger pay-off below, do a mental inventory of relationships and situations in your life, such as anger with your family, friends or co-workers, anger when driving, or anger at inanimate objects. See if that pay-off is in any way influencing or reinforcing your anger. If it is, write an example in the space provided.

Pay-off List:

- 1) Reduce stress
- 2) Hide emotional pain
- 3) Get attention
- 4) Punish and get revenge
- 5) Change the behaviour of others. Get people to do what you want.

Reduce stress: Anger does reduce stress. You don't need this workshop to tell you about stress. However, there is a link between stress and anger. Stress creates physiological arousal or tension. Anger discharges that arousal—just for a minute. Right after a blow-up, people often feel like a weight has been lifted off their shoulders. They can breathe again. And even though that tension soon returns, that little sense of relief can be very reinforcing, because for just that brief period of time you get a break from all that frustrates and overwhelms you.

However, there is a downside to using anger to reduce your stress. The stress comes back with a vengeance!! Studies show that anger creates more anger. Blowing up makes it more likely that you will blow up again soon. And the next outburst will be that much easier and that much stronger...and harder to control. Not only does your anger get worse, so does the anger of those around you. They get hurt and defensive. They counterattack. And they become less and less concerned with your needs and your feelings. You pay dearly for your anger in broken relationships.

Hide emotional pain: Anger does hide emotional pain. Anger is a good defence against fear, loss, guilt, shame, and feelings of rejection or failure. It puts a tight lid on painful emotions. We learn that we can cope with just about any pain if we get mad enough. (Dad is ashamed so he yells at the kids. Mom is depressed so she yells at the kids.)

But once again, short-term gain is long-term pain. First of all, when we get angry, we may not let ourselves experience emotions that may be important signals for us, telling us what we need to do, or to stop doing in our lives. Maybe there is a good reason for you to feel guilty and you should face it and do something about it. Maybe you need to deal with your depression, take some responsibility and make some changes in your life.

Using anger as a way of dealing with our feelings don't make the feelings go away either. They come back stronger than ever. You have to crank up your anger to cope. Finally, using anger to deal with your pain becomes a habit, and you "go off" about everything. After all, it is a lot easier to blow up at your wife/husband for spending money on something the family doesn't need than it is to sit down and have a serious talk about your finances, for example.

Getting attention: Anger does get people's attention. Sometimes it seems like nobody listens to you unless you yell. People may get alarmed and they may try to please you. But once again, the

immediate pay-off may have long-term outcomes you don't want, and that can hurt you. Some may indeed sit up and take notice when you yell. But eventually they will begin to tune you out. Others will run. They may start to avoid you or become very resentful.

Punish: You can punish and get revenge by becoming angry too. Someone lets you down, or seems careless, and this great wall of rage may rise up inside you. You want to punish them and teach them a lesson. You want them to feel as much pain as you do. This will to harm is so powerful that it's all you care about. The trouble is, when you punish other people, they become your enemies, and your enemies then want to punish you. Sometimes these are the people you love and need the most.

Change the Behaviour of Others: Anger can help you change the behaviour of others, and get people to do what you want. We coerce people into doing what we want by threatening to blow up at them if they don't. It is tempting to use anger as a club because it often will force people into giving you what you want, short-term. However, in the long-term they turn off and turn away from you. They resent being controlled by fear. But worst of all is what it does to you. Using your anger to change others leaves you feeling hopeless. The only way you know of to get others to do your bidding is to make them afraid of you.

Let's get into the character qualities that, if developed, will resolve anger.

1. HUMILITY vs. PRIDE. Acknowledging that my achievement results from the investment of others in my life. Practical ways to humble ourselves can be to welcome our critics, to ask others to point out our blind spots, to confess when we are wrong, and to ask forgiveness for our offenses. Some practical questions to ask when discerning if you demonstrate this important quality are listed below.

- When people disagree with me, do I listen from my heart or argue my position?
- In my spirit, do I tend to cut off those who ignore me?
- Do I find it extremely difficult to admit when I am wrong?
- Do I give my opinions before I am asked for them?
- Am I quick to correct others when they make mistakes?

2. GRATEFULNESS vs. UNTHANKFULNESS. Letting others know by my words and actions how they have benefited my life. This is the opposite of pride, because pride causes us to believe that we have achieved what, in reality, others have done for us and through us. Gratefulness is recognizing those who have benefited our lives and thanking them for what they have done. A person who mourns is so preoccupied with personal failures that there is no place to be angry over the comparatively minor offenses of others

3. HONOR vs. DISRESPECT. Respecting others because of the higher authorities they represent and expressing honor with a gift. We honor the government with taxes; we honor God with tithes and offerings; we honor aging parents with financial assistance.

4. TRUTHFULNESS vs. DECEPTION. Truthfulness is earning future trust by accurately reporting past facts. A truthful person will recognize his faults in a situation that caused an angry outburst, and he will also trace this unresolved anger back to past circumstances that were not properly handled and will clear them up. Hiding the truth produces tension, which only contributes to a spirit of anger. On the other hand, truthfulness produces freedom from the guilt and tension. When we become angry, we should ask ourselves the following

questions: To what degree did I cause this situation? Is my anger a result of past offenses that I have not cleared up?

5. DEFERENCE vs. RUDENESS. Deference is limiting my freedom in order to not cause others to be weakened or offended. It means to put off for oneself, to postpone words, attitudes, or actions that would cause others to be offended. Such deference involves discretion; Indulging in anger may bring a moment of satisfaction but a lifetime of regret.

6. GENTLENESS vs. HARSHNESS. Showing consideration and personal concern for others. Gentleness is supporting others during their times of weakness so that they can achieve their full potential. Harshness reacts to their weaknesses and hinders them from achieving the purposes for which they were created. A practical expression of wisdom and gentleness is to speak evil of no one and to seek peace and harmony with everyone.

7. WISDOM vs. FOOLISHNESS. Seeing and responding to life situations from a perspective that transcends my current circumstances. Wisdom is seeing and responding to life from God's point of view, whereas foolishness is reacting to life and life's situations from our perspective. A wise person is a peacemaker, but a foolish person stirs up wrath. A wise person will love one who rebukes him, but a fool will react to reproofs. A wise person learns from his mistakes and also from the mistakes of others. A foolish person fails to see a cause-and-effect relationship between his offenses and the reproofs of life. A wise person controls his tongue, but a foolish person speaks whatever is on his mind. A wise person listens to counsel and instruction, but a foolish person despises the instruction of wisdom. Wisdom builds up; foolishness tears down.

8. FAITH vs. PREUMPTION. Confidence that action rooted in good character will yield the best outcome, even when I cannot see how. Faith is recognizing God's will for a given situation and acting upon it. The Greek word for *faith* comes from a root word that means to be persuaded, to convince by reason, to agree with evidence, to rely with inward certainty, to be confident.

9. COMPASSION vs. INDIFFERENCE. Compassion is responding to a deep need with a longing to do whatever is necessary to meet it. Compassion is a sudden yearning to meet an obvious need. One illustration of compassion is found in the examination of several synonyms. A sympathetic person responds to the victim of an unfortunate accident: "I am sorry you are hurt." An empathetic person would respond by saying, "I hurt with you." However, a compassionate person rushes over and exclaims, "I will help heal your hurt!" The people who make others angry have deep needs in themselves, which are revealed in their wrong actions. A compassionate person will look past their faults and see the hurting people on the inside. He will then act to help heal those hurts.

10. FORGIVENESS vs. REJECTION. Clearing the record of those who have wronged me and not holding a grudge. Granting a pardon requires jurisdiction. If a person steals an item that belongs to me, I have the jurisdiction to show mercy to him and forgive him. However, if a person's offense toward me involves a crime against the state, I do not have the authority to release him from the consequences of his actions. I can still forgive him by releasing him emotionally and erasing the debt from my account, but pardon must be granted by a higher authority.

11. SINCERITY vs. HYPOCRISY. Sincerity is being as genuine on the inside as we appear to be on the outside. Many people appear to be kind and gentle in public but are harsh and cruel when they are at home. This hypocrisy is especially damaging when it is manifested by a parent as I will damage relationships in his family. The Hebrew word for *sincerity* means “complete, whole . . . having integrity” and has been translated as “without blemish.”

12. VIRTUE vs. IMPURITY. One Greek word for *virtue* is *dunamis*. It is translated only three times as *virtue*, but over one hundred times as *power*, *might*, *miracle*, *strength*, *mighty*, and *mighty work*. A person with unresolved anger is hungry for power and uses an angry spirit to get it. A virtuous person desires to benefit others..

13. DISCERNMENT vs. SHORT-SIGHTEDNESS. Discernment is the ability to distinguish between good and evil in order to make wise decisions. One Greek word for *discern* is *diakrino*. It means “to separate, make a distinction . . . to determine, give judgment.” Along with discernment, we must have genuine love, so we do not speak the truth with harshness and cause alienation rather than peace.

14. PERSUASIVENESS vs. CONTENTIOUSNESS. Persuasiveness is guiding vital truths around the mental roadblocks of other people. To persuade is to convince by sound reasoning. It is to guide another person’s thoughts by a sequence of convincing statements. It also involves the skills of admonishing, convicting, and correcting. Persuasion is necessary to help others recognize where they are wrong and decide to do what is right. One who is unskilled in persuasion will often resort to arguing, which only increases a spirit of anger and resentment. Those who are wrong are usually convicted by their consciences, and even though they argue with their minds, their consciences still condemn them.

15. JOYFULNESS vs. SELF-PITY. Joyfulness consists of the bright spirit and radiant countenance that comes with being in full fellowship with the Lord. It is an inward delight that results both in true happiness and spiritual prosperity. It is important to realize that both joy and sorrow can be experienced by a person at the same time, because joy is a function of the spirit and sorrow is an expression of the emotions or the heart. Suffering for doing what is right and rejoicing in the midst of persecution is an important attribute for conquering anger

16. ENDURANCE vs. DISCOURAGEMENT. Endurance involves long-suffering as well as not being quick to manifest a spirit of anger. There are several specific things we are to endure: hardness as a good soldier, afflictions, persecutions, tribulations, grief, chastening, and temptations. One who lacks endurance will give up and get frustrated, upset, or bitter.

Source: The Power of Spoken Blessings- Anger Resolution seminar- Basic Life Principles

TIME OUT: APPLICATION

Do you ever experience unexplainable surges of anger?

What people or situations cause you to be angry?

How often do I get angry?

Once a day	Once a week	Once a month
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How long do I stay angry?

A few minutes	Hours	Days
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How do I resolve an outburst of anger?

Leave the room	Bring up past offenses
Retaliate with silence	Ask forgiveness for being angry
Argue out my point	

		Yes/no
1	When people disagree with you, do you argue with them?	
2	Is it extremely difficult for you to admit you are wrong?	
3	Do you give your opinion before you are asked for it?	
4	Are you quick to correct others when they make mistakes?	
5	Do you express gratefulness to those who have benefited you or your family?	
6	Are you truly grieved over outbursts of anger, wrath, or bitterness?	
7	Do you honor those who are in positions of authority?	
8	Do you respond with humility when people accuse you of being angry?	
9	Do you get angry when someone violates your rights?	
10	Do you deal with people harshly?	
11	Do you hold others to your expectations?	
12	Are you determined to conquer anger?	
13	Do you love those who reprove you?	
14	Are there moral impurities in your heart that you cherish?	
15	Are you a person of integrity?	
16	Are you on the inside what you appear to be on the outside?	
17	Do you have the power of virtue in your life?	
18	Are you at peace with others?	
19	Do you cut off offenders, or try to restore them?	
20	Have you learned the skills of persuasiveness?	
21	Do you react to irritations, or welcome them as friends?	
22	Do you endure trials, or do you give up?	
23	Do you understand the rewards of enduring tribulation?	

In the space below, list the situations in your life, family, finances, business, that you have not been able to resolve. You have probably learned to live with some of these situations on the basis that they will never change or be cleared up.

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