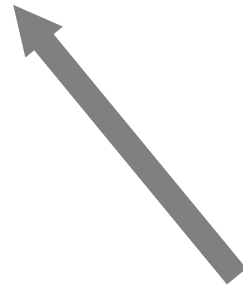


Resources for Anger

God

Pour out your complaint before Him. Surrender the feelings to God and ask that His will be done in expressing them.

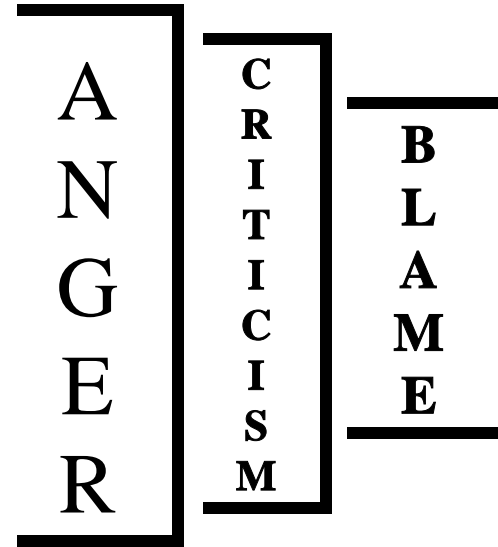


Primary Emotions

- Hurt
- Sadness
- Fear
- Anxiety
- Shame
- Guilt
- Powerlessness
- Hunger
- Tired
- Left Out
- Other emotions

Primary Emotions—connect us with others, God and ourselves

Secondary Emotions



Secondary Emotions—disconnect us from others, God and even ourselves

When we are angry about something, we typically think that anger is all there is. But anger is a secondary emotion, that there is a feeling behind the anger. This preceding emotion or primary emotion may be hurt, sadness, guilt, tiredness, etc. When we are angry, if we can slow the process down and ask ourselves, “*what is it that I am really feeling?*”, we will gain a lot more choice in dealing with our anger. If we don’t deal with our anger and start to take it another direction, we can become critical of others and situations. It is like “freeze dried anger.” Eventually, we become so disconnected that we proceed to blame others. Secondary emotions of anger, criticism and blame disconnect us from ourselves, others and God. Primary emotions connect us with others, ourselves and even with God. If I share hurt, fear, guilt, powerlessness, others can identify with me and there is not as much defensiveness as with anger. I can even then take these primary feelings to God and surrender to what he has for me.