

ANGER:

HANDLING A POWERFUL EMOTION IN A HEALTHY WAY

Anger: Handling a Powerful Emotion in a Healthy Way, practical and insightful treasure from bestselling author and counselor Dr. Gary Chapman, serves as a user's manual for anger. It will help you see how to use anger productively and how to confront the offenses that have been weighing you down with stockpiled anger for years.

One of the biggest obstructions to a healthy approach to anger is the belief that anger is evil. God feels anger. Anger compels us to right wrongs and reconcile relationships. To deny yourself the emotion of anger is to convince yourself of the lie that nothing in your life is wrong—or worse, nothing that is wrong in your life is worthy of your attention.

We need anger. But we also need to know how to respond to it. Unaddressed anger will either hurt us or drive us to lash out at others—very often both results eventually come to pass.



EXPLOSION

For some of us, we define our understanding of anger as this type of expression—the loud shouting, red-faced gesturing, and verbal or physical abuse. Explosive outbursts of rage are what give anger a bad name. When anger explodes, it's generally damaging to everyone involved. Anyone who sees or hears this type of reaction usually knows it's wrong, even the person doing the exploding. We need to be careful not to equate angry outbursts with anger itself.

So an emotional explosion is the worst-case scenario of anger, right? In the short-term, perhaps. But suppression of anger can be just as devastating in the long term.

IMPLOSION

Just because we don't yell and scream doesn't mean we aren't angry, and that doesn't mean we're doing a better job of handling our anger, either. Many of us tend to swallow our anger without ever processing the offense. That anger stays with us and builds. It leads to depression, bitterness, resentment, strained relationships, cynicism, and a host of other negative effects, including misdirected explosions down the road.

SO IF WE CAN'T LET IT EXPLODE OR EAT US FROM WITHIN, WHAT CAN WE DO WITH ANGER?

Admitting your anger is an important but nebulous step. To resolve it, we have to rationally identify the source of our anger before we arrive at an action plan.

There are two essential categories:

DEFINITIVE ANGER

Someone has wronged us. These cases call for some sort of productive, appropriate confrontation and resolution. Whether you can rectify the offense or not, there are healthy ways of dealing with it so that your emotions don't add to the problem.

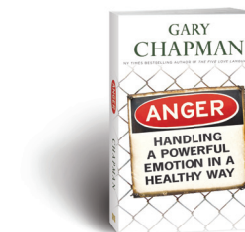
DISTORTED ANGER

Things just haven't been going your way. In these cases, the source of your anger might not be something you can change at all. That doesn't mean you are hopeless in your anger or that you don't need to address it. It might be as simple as consciously saying, "I'm going to let this go," but it's crucial that you take some action to resolve the anger even if the problem itself can't be helped.

These steps just scratch the surface of a multilayered issue, one that the book explores with greater depth and insight. To read more about how *Anger: Handling a Powerful Emotion in a Healthy Way* can help you, visit 5lovelanguages.com.



1. Consciously acknowledge to yourself that you are angry.
2. Restrain your immediate response.
3. Locate the focus of your anger.
4. Analyze your options.
5. Take constructive action.



THE 13-SESSION DISCUSSION GUIDE
IN THE BOOK IS IDEAL FOR SMALL GROUPS!



Anger: Handling a Powerful Emotion in a Healthy Way has proven for many readers to be a light of encouragement in a dark and seemingly hopeless emotional landscape. Anger rests at the root of so many life issues, and this book has helped thousands of readers in each of these ways:

- Identify past offenses that are causing current problems
- Arrive at a true peace, not the feigned, bitter portrayal of contentment to which many people feel resigned
- Discover the hope that has been missing from your outlook on your life
- Restore relationships that have been strained by unresolved conflict
- Plan your approach to processing through the emotion of anger as it arises
- Work individually, as a couple, in small groups, or a classroom setting
- Help children deal with anger (as opposed to simply dealing with angry children)

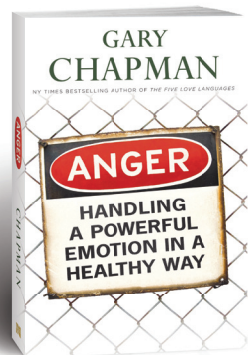
You don't need to be burdened by the weight of unresolved rage any longer. Stop storing up anger, and start learning how to let it go and how to move on with joy and love.



Some of Dr. Chapman's most valuable expertise comes from his own marriage to Karolyn, his wife of more than 45 years. He seamlessly relates his clear, compelling concepts to real-life examples from over 35 years of pastoring and marriage counseling and even from his own relationships. He is

the author of many books about marriage and family (including other titles in the *5 Love Languages*™ series). Speaking to thousands of couples at marriage conferences nationwide, he hosts two nationally syndicated radio programs: *Building Relationships* and *A Love Language Minute*, currently airing on more than 250 stations.

Dr. Chapman and his wife have two grown children and currently live in Winston-Salem, North Carolina, where he serves as senior associate pastor at Calvary Baptist Church.



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TO REORDER THIS PIECE 978-0-8024-6865-9

ANGER IS LIKE FIRE

CONTROL IT. USE IT. BE MOTIVATED BY IT.
WHATEVER YOU DO, DON'T IGNORE IT.



BY DR. GARY CHAPMAN



Sound familiar? The boss just blamed you for his/her mistake; you politely apologize.

The light is green, but no one's moving; you let out a few choice words and honk the horn.

Your child just spilled grape juice on the couch again ... the neighbors can hear you screaming.

It feels like no one cares about your feelings; is everyone trying to make you mad?

BUT IF ANYONE ASKS, YOU'RE NOT ANGRY.
YES. YOU ARE ANGRY . . . AND IT'S PERFECTLY NORMAL.

Anger is a God-given emotion we feel when something just isn't right, when our sense of justice is offended. It's the way we express or suppress that emotion that so often goes awry. Sadly, whether we scream out our rage or stew in silence, the anger never goes away unless we appropriately process the truth behind it.

Stored-up anger can rob us of our joy, our relationships, and our security, replacing them with bitterness, discord, and a sense of hopelessness. An emotion given to us to help solve our problems all too often aggravates and multiplies our frustrations. That doesn't make anger a bad thing; it demands better understanding and a new plan of attack.