**ANGER: HANDLING A POWERFUL EMOTION IN A HEALTHY WAY**

**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 abuses. 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.

**IMPELSION**
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 redirected explosions down the road.

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**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 your 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.

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**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.

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**THE 13-SESSION DISCUSSION GUIDE IN THE BOOK IS IDEAL FOR SMALL GROUPS!**
AN INTRODUCTION TO ANGER: HANDLING A POWERFUL EMOTION IN A HEALTHY WAY

ANGER IS LIKE FIRE

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

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.

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.

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