

## Emotions part 2 Dealing with Unresolved anger

Definition of Anger – A Primary emotion that produces great displeasure and/or animosity.

1. God's warning to us about the dangers of unresolved anger.
  - a. We are to deal with our anger before it gets dark outside.
  - b. Unresolved anger becomes Satan's playground in our life.
    - i. Satan \_\_\_\_\_.
    - ii. Satan \_\_\_\_\_.
    - iii. Satan \_\_\_\_\_.
2. God desires that we acknowledge our unresolved anger.
  - a. We need to understand what causes anger.
    - i. When I feel hurt or offended – Unmet needs
    - ii. When I feel frustrated – Unmet expectations
    - iii. When I feel insecure – Unmet control
  - b. We need to discern how we process anger in our natural state.
    - i. The Spreader lets everyone know they are angry. RHINO
    - ii. The Suppressor attempts to conceal their anger. PORCUPINE
3. God commands us to overcome our unresolved anger.
  - a. We make a commitment to start healing on the same day of hurting.
  - b. We will make use of the I Feel ... When you...
  - c. We will make use of the I Wish... We could...
  - d. We avoid ought, should, never, always.

Take away