

You must find a healthy release without going back to your old habits.

**3. Find an accountability partner.**

Find someone who will, in love, support and confront you as you struggle in your walk with God; someone who will really listen to you as you share your inner pain.

**4. Learn how to forgive.**

As you work the 12-Step program you will learn to make what God says in His Word part of your personal character. *“Make allowance for each other’s faults, and forgive anyone who offends you. The Lord forgave you, so you must forgive others”.* (Col. 3:13). You can learn that forgiveness is not just forgetting what happened, but changing how you feel about what happened. You need to give up the urge that you must get even or be in control of every situation you face in life. With the love of God, you can learn to let go and let God be in control.

**5. Make the right choice.**

When all is said and done, you make the choice about how you will handle your emotions in all of your relationships or circumstances. This will be evident in how you communicate and act. At any time you can:

- a) address each relationship moment with positive words, bringing relief, or you can put fuel on the fire by lashing out with negative words.
- b) learn to really listen to what people are saying to you; does it need your approval or acceptance, or should you just back off and let it go?
- c) try to learn that all people have the right to express their opinion, without getting in a rage about it.

“I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.”  
(John 16:33).

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# ANGER



A Christ-Centered 12-Step Recovery  
Group addressing addictions  
and those affected by them

## ANGER

As people who have anger issues, we may not recognize that our anger is being fueled by some of our other basic emotions, like fear or other inner emotional pain. These emotions may have been damaged when we were children or perhaps later in life as adults. We might have been abused sexually, physically or verbally. Maybe we never had the security of a loving home or marriage.

We might have learned how to express our anger in a very inappropriate way from our parents or other people in our lives, who used yelling at each other as a normal reaction to anger. So we, too, lash out in anger when we feel threatened or frustrated when things are not going our way. A lot of us are not aware of all the deep wounds that are behind our anger, so we don't realize how badly we hurt loved ones when we act out our inner rage. All sense of sanity is lost in the heat of the moment; unloading our anger is all that seems to matter at the time of our rage release.

Some of us try to suppress our feelings of anger in a silent struggle, because we are fearful to express our real feelings. So we isolate ourselves and suffer in silence. Others of us feel we have the right to be angry all the time. We may justify our outbursts with thoughts of "if you went through what I have gone through, you would be angry too". Or we might feel we have been cheated out of what we hoped our lives would be, so we take out our frustrations on those around us. As a result, we might express our feelings of anger to those close to us, whom we should love, by acting out in verbal or even physical abuse.

Many of us have intense feelings of guilt and shame, and we then go on a trip of beating ourselves up about what we have just done. This can result in starting the old role of making all kinds of promises, to those we have attacked, that we will not do this again, only to find ourselves repeating the identical pattern when we face the same circumstances that set us off in the past.

Eventually we come to realize that we need help to put our anger to rest once and for all. So where do we get the help we need? Where can we go to find out that anger is a God-given emotion that can be used in healthy, productive ways? How can we learn that being angry does not mean that we are not loved by God or that as a Christian we are a complete failure? We have to get past the lies the devil tells us, that there is no hope for change and that we will have to live in guilt and shame the rest of our lives.

### THE WAY OUT IS IN JESUS CHRIST!

In Jesus you will find a power far greater than your anger issues and all the triggers that set off your outbursts of anger. As you get into His Word, you will find the answers to all of life's questions. That's the purpose in coming to Overcomers Outreach!

In the Overcomers Outreach 12-Step program we do a personal inventory in Step 4. Here we look at our past life, and as we list all of our relationships and how they affected us, whether for good or for bad, we can often find the source of our anger. At Overcomers meetings we can talk, in a safe place, about our anger issues and how our response to the anger hurts our lives and those around us. We can share our deep resentments and feelings of wanting revenge, which we try so hard to keep hidden, as we put on a

happy face, because we don't want people to know who we really are. We can get the loving support we need to help with our inner healing, and the wisdom to learn how to deal with all the frustrations of everyday living and how to bring closure to hurtful relationships.

As we work through the Steps, we learn the difference between healthy and unhealthy anger. If we find ourselves in a situation where we could be hurt by someone, it is ok to want to protect ourselves and those we love – this would be an example of healthy anger. But unhealthy anger is usually based on resentments or feelings of wanting to get even. Therefore, we must learn to recognize all unhealthy anger and then learn, with God's help, how to change how we act out these feelings of anger.

### SOME SOLUTIONS YOU WILL LEARN IN OVERCOMERS

#### 1. Have daily time alone with God.

There are many Scriptures in the Bible that talk about anger. In Overcomers we use the RECOVERY BIBLE where it is easy to look up Scriptures that deal with the subject of anger. Go to God's Word for answers.

- a) family influence (Nehemiah 9:4-8)
- b) removing deeper hurts (Jonah 4:4-8)
- c) dealing with anger (Ephesians 4:26-27)

#### 2. Learn to walk away.

When you feel the heat of anger coming on, you need to take a time-out, ask God which trigger is getting you all worked up and how you can deal with the situation without blowing your cool. You need to learn how to keep your behavior under God's control. Maybe you need to go for a walk, or phone your accountability partner and ask for prayer or their advice on how to deal with life without lashing out and hurting others. .