

UNHEALTHY AND DAMAGING ANGER



Anger is a feeling that comes over us when we're annoyed with something or someone has done. Anger will cause us to react in a positive or negative way. Yes there is a positive side to anger and we will talk about it. But first we want to see what negative or damaging anger is.

There are going to be times when something is going to happen or someone will do or say something that will make get angry. Getting angry isn't what gets us in trouble, its how we handle the anger that does. What causes unhealthy anger?

UNHEALTHY AND DAMAGING ANGER AN EXAMPLE



James was outside playing with a drone he finally got for a birthday present. He got thirsty so he set his drone on the stairs and went in the house to get a drink. His little brother had been watching him so as soon as James went inside, his brother grabbed the control, launched the drone and it got stuck high up in a tree.

When James came back, his brother was gone and he couldn't find his drone. He found out what happened and got so angry that he called his little brother all sorts of names, pushed him and just as he was about to punch his brother in the face, a neighbor across the street yelled at him. James was so angry at the neighbor he disrespected the man and cussed at him.

1. How did James feel about his drone?
 - He loved it! He waited for a long time to get it.
 - At that moment he valued the drone more than his brother and the respect of the neighbor across the street.
2. What could James do to stop his brother from messing with his drone?
 - Tell his brother to leave it alone.
 - Take the drone in the house with him.
3. What are your thought about how James handled this situation?

HEALTHY AND CONSTRUCTIVE ANGER AN EXAMPLE

Rico and Josie are two young people who care about the people in their community and school. They have been concerned about the recent gun violence in their city. One day, one of

their close friends was killed in a drive-by shooting. They became *very angry* and decided to take this matter into their own hands. They expressed their anger in a very unique way.

1. They organized a group of their peers and developed a strategy to get parents, teachers and city officials involved.
2. They attended the City Council meetings in an orderly and professional way.
3. They were allowed to speak during those meetings.
4. Their efforts encouraged active participation in activities that would make their community safe.

James got so angry that he made his brother feel bad by calling him names and almost punched him in his face. James valued his new drone, but he should not have valued it more than the relationship with his brother or the neighbor across the street.

Rico and Josie also got very angry. They lost a good friend to senseless violence in their community.

- They didn't **react** with more violence.
- They didn't **create** more stress to an already stressful situation.
- They controlled their anger and used it to get families and leaders involved in making their community safe.

Anger can be either healthy or unhealthy to you and those around you. Anger can tear down valuable relationships with families and friends. Unhealthy anger can even cost someone their life. The next time you get angry try this:

- Look for positive ways to react to what's making you angry.
- Try to find out why the situation came up. Is it because of lies, gossip or Social Media drama?

Examples of positive anger in the bible:

Jesus when he became angry because people disrespected the temple. **Mark 11:15-16**

Examples of negative anger in the bible:

Cain and Able. **Acts 4**

