



The Champion

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Anger Management Classes

FREE Classes will be offered on the 2nd and 4th Saturdays of every month from 10:00 – 11:00 a.m. (September 11th & 25th) at our center. Call: 281-357-4111 for information

The Many Faces of Anger

Paula Whitaker, Counseling Director, M.Ed., MA, PC, LPC

“In your anger do not sin.’ Do not let the sun go down while you are still angry.” Ephesians 4:26

When most people think, of anger, they picture a person in a rage. They have images of slamming doors, shouting, and intimidating communication. Certainly this is part of the angry response. But anger is not that one-dimensional. It is multifaceted; therefore it should not be stereotyped. It can be found in any temperament. Whether a person is shy or extroverted, perfectionist or laid-back, he or she can show anger in many ways. We use the term anger to describe a number of expressions: frustration, irritability, annoyance, blowing off steam, fretting. It is important to realize how each of these reactions is tied to anger.

The following inventory can help you in this process too. Check the statements that apply to you.

- Impatience comes over me more frequently than I would like.
- I nurture critical thoughts quite easily.
- When I am displeased with someone I may shut down any communication or withdraw.
- I feel inwardly annoyed when family and friends do not comprehend my needs.
- Tension mounts within me as I tackle a demanding task.
- I feel frustrated when I see someone else having fewer struggles than I do.
- When facing an important event, I may obsessively ponder how I must manage it.
- Sometimes I walk in another direction to avoid seeing someone I do not like.
- When discussing a controversial topic, my tone of voice is likely to become persuasive.
- I can accept a person who admits his or her mistakes but I have hard time accepting someone who refuses to admit his or her own weaknesses.
- When I talk about my irritations I don't really want to hear an opposite point of view.
- I do not easily forget when someone does me wrong.

- When someone confronts me from a misinformed position, I am thinking of my rebuttal as he or she speaks.
- Sometimes my discouragement makes me want to quit.
- I can be quite aggressive in my business pursuits or even when playing a game just for fun.
- I struggle emotionally with the things in life that are not fair.
- Although I know I may not be right. I sometimes blame others for my problems.
- When someone openly speaks ill of me, my natural response is to think of how I can defend myself.
- Sometimes I speak slanderously about a person, not really caring how it may harm his or her reputation.
- I may act kindly on the outside while feeling frustrated on the inside.
- Sarcasm is a trait I use in expressing humor.
- When someone is clearly annoyed with me, I too easily jump into the conflict.
- At times I struggle with moods of depression or discouragement.
- I have been known to take an “I-don't-care” attitude toward the needs of others.
- When I am in an authority role, I may speak too sternly or insensitively.

Now go back through the inventory and count the number of statements you checked. Everyone will recognize some of these characteristics, so don't worry about marking them. If you checked ten items, your anger is probably more constant than you might like. If you checked fifteen or more, you can probably recount many disappointments and irritations. This indicates you are vulnerable to the extreme ill effects of anger, rage, and explosions or to guilt, bitterness, and resentment. But don't give up! Anger can be managed if you apply an awakened mind to it.

If you are interested in gaining a broader perspective of yourself, ask a close friend or family member to complete the inventory, answering the questions as he or she thinks you would respond. Champions Christian Counseling Center has anger management classes available for you or someone you know.

(Excerpted from “The Anger Workbook” by Les Carter & Frank Minirth)

Verse of the Month:

“...take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, for man's anger does not bring about the righteous life that God desires.”

James 1:19-20

Single Parenting Support Group

FREE Single Parenting Support Group and classes are now being offered on the 1st and 3rd Saturdays of every month from 10:00 – 11:00 a.m. (September 4th & 18th) at our center. Call: 281-357-4111 for information

The Child and Anger

Sally Etheredge, MEd., LPC

Ideally, healthy anger management is learned during childhood and refined as the stages unfold. Unfortunately, many parents were not taught to properly handle their own anger during their childhoods and, therefore, pass on these bad habits to their children. This cycle will continue until it is consciously stopped.

Perhaps the greatest error parents make is letting the child set the agenda for how emotions are managed in the family. Parents may have good intentions about being firm or fair-minded, but often these good intentions fall short. The parent reacts to the child's anger with their own frustration. Parents need to take the initiative. Instead of wondering, "How can I get the child to behave so that I can be calm?" They can ask themselves, "How can I be calm so I can get the child to behave?"

There are several ways to accomplish this.

- 1) Don't be threatened by your child's anger, let choices and consequences (think teachable moments) shape the child. Spanking should always be the last resort no more than two or three swats with an open hand to the buttocks and never used out of frustration or over the age of 6;
- 2) Don't preach—you will teach your child to ignore you;
- 3) Pick your battles (meaning don't let minor problems deplete your parenting energy supply);
- 4) Share your own experiences of a struggle similar to the child's to share ways to handle their situation;
- 5) Incorporate spiritual insights delicately weaving truths about grace or forgiveness, or respectful confronting into everyday communication as common circumstances arise;
- 6) And, use the Bible to share stories and teach scripture verses about how to handle anger.

(Excerpted from "The Anger Workbook" by Les Carter & Frank Minirth)

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Handling Your Adolescent's Anger

Yvonne Tallent, LMSW

Adolescents are in the stage of development where the world is a stage with adolescents playing the leading roles. Parents, while loved, are often tolerated. Conversation with parents often consists of one or two word sentences. Life can be complicated for our adolescents. Increased pressure to succeed in school, large schools where many students do not feel connected, old stereotypes about "fitting in", physical growth spurts and puberty, coupled with an adolescents increasing need for independence and belief they are invincible can make parents feel that an alien has invaded their home. Parenting takes on a new role. Often the parent must develop new ways to communicate with their adolescent and monitor their activities. Preventing angry outbursts and destructive aggression become the watch word in this parenting stage. In addition to the strategies used with children above, here are several more ways to prevent inappropriate expressions of anger:

- 1) Practice anger prevention; foster your relationship with your adolescent. Have dinner together as a family at least two times a week to foster communication and a sense of connection with the family. Share time with your adolescent playing their favorite game, throwing a Frisbee, listening to some of their music; doing whatever they feel good about.
- 2) Make sure your adolescent is getting enough sleep. Adolescents need 9 to 10 hours of sleep every night.
- 3) Limit time spent with video games and TV. Encourage sports or physical activities according to the interests of your adolescent to help work out frustration.
- 4) Set limits and determine what is negotiable and what is not. Be as consistent as possible.
- 5) Deal with criticism by not taking it personally and focus on what is behind the criticism. Practice genuine praise instead of criticism.
- 6) Listen, don't react. Practice communication skills such as reflective listening so your teen feels heard and will open up. For example, say, "I hear you saying you are so angry about ...". Ask thoughtful questions and help adolescents expand their emotional vocabulary to express their feelings. Help them be specific about what they want by using "I think, I feel, I want. . ." language.
- 7) Keep your adolescent connected with church and an active church youth group. Adolescents that have a spiritual life are more resilient and friends made at church share similar values.

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for how you can participate and make a difference
in your community!