



Anger: Myths and Truths

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But now you must put them all away:

anger,
wrath,
malice,
slander, and
obscene talk from your mouth.

-Colossians 3:8 (ESV)

Whoever is slow to anger has great understanding,
but he who has a hasty temper exalts folly.

-Proverbs 14:29

Definition

Anger: noun

a strong feeling of:

- annoyance,
- displeasure, or
- hostility.

Sources of Anger

1. Blocked Goals
2. Injustice
3. Unmet Needs
4. Perceived Threats

Anger as a Distancing Mechanism

- Perceived Threats
- Fight or Flight
- Physiological changes in your body
 - adrenaline released
 - muscles tighten
 - heart rate and blood pressure to increase
 - face and hands flush

We experience the same physiological changes when the threat is to our self image!

How Other Emotions Create Anger

1. Pride
2. Fear
3. Loneliness
4. Inferiority

Myths that Perpetuate Anger

1. Life Should be Fair
2. Weak People Avoid Conflict
3. I deserve for Others to Act Right
4. There are 2 Ends: Perfection or Defeat
5. Good Relationships Should be Easy

Myths about Anger

- Anger is always bad.
- Anger is abnormal.
- Anger is something that happens to us. Anger, and all other emotions, are actually behaviors – things we do.
- Anger is an uncontrollable force of nature and cannot be controlled.

Myths about Anger

- Anger is "all in your head."
- Anger is inherited.
- Anger can be relieved or released by hitting, kicking or punching things, yelling, etc.

Myths about Anger

- Anger always leads to aggression.
- Other people make us angry.
- Males are angrier than females by nature.

Now What?

If you want to change how you feel,
you must first change how you think!

Now What?

1. How does God see this?
2. What am I afraid of?
3. Is there another way to achieve my goal(s)?

Now What?

1. Relaxation Strategies
2. Monitor my Self-Talk
3. Assertive Communication
4. Collaborative Problem Solving



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