

# Emotional Intelligence Training

Welcome to our first session  
May 5, 2019



# Understanding Anger

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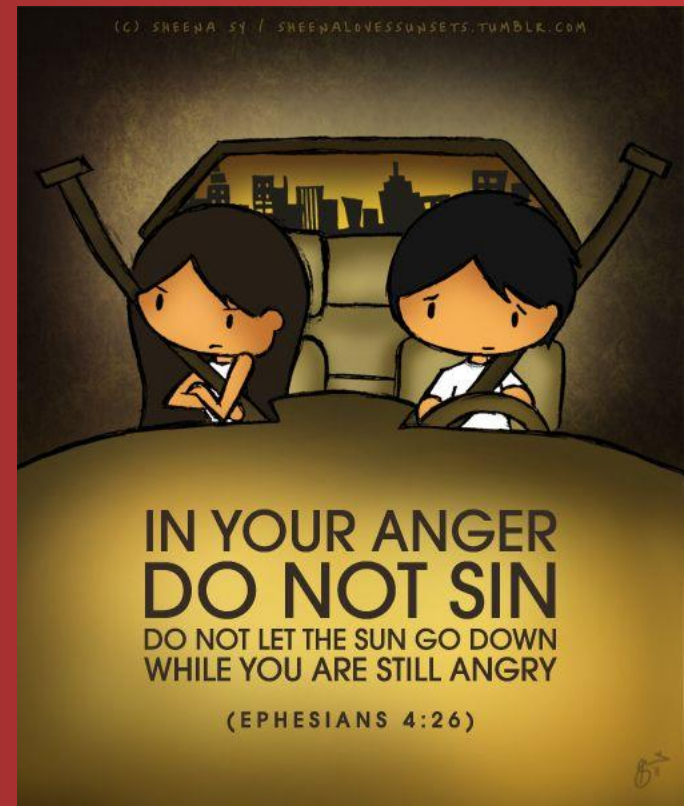
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# Anger

- God-given emotion/feeling...NOT a behavior; it is not a sin to be angry (It's what we DO in our anger that may be sinful. Ephesians 4:26)
- Second most mentioned emotion in the Bible (what emotion is mentioned most often?) First mentioned in Genesis 4:5, last appears in Revelation 19:15
- A state of readiness....being alert to defend good or attack evil. Even Jesus showed anger (Mark 3:5).
- Information that alerts us that we don't like what is happening around us or to us
- A primary emotion AND a secondary emotion.

# Anger and the Bible

- Adam and Eve
- Cain and Abel
- Moses
- Saul and David
- Jonah
- Peter





# Synonyms for Anger

- Rage
- Wrath
- Exasperated
- Cross
- Irritated
- Annoyed
- Furious
- Aggravated
- Mad
- Ticked-off
- Offended
- Bitter
- Insulted
- Fed-up

# Anger

- A strong feeling or emotional state that varies in intensity; it can range from mild irritation to intense fury and rage. You sense intense displeasure, hostility or indignation as a result of a real or imagined threat, insult, frustration or injustice towards yourself or those important to you.

# Levels of Anger

- Irritation – a feeling of discomfort
- Indignation- something wrong must be corrected; something must have an answer
- Wrath- strong desire for revenge
- Fury- partial loss of control
- Rage- a loss of control involving aggression or an act of violence
- Hostility- a persistent form of anger that affects one's entire outlook on the world and life; anger towards others that becomes rooted in your personality

# External Causes of Anger

- A response to the harm someone has inflicted (insults; physical attack; abandonment);
- or a response to a circumstance where no person is at fault (100 degree days; traffic; illness; floods)

# Internal Causes of Anger

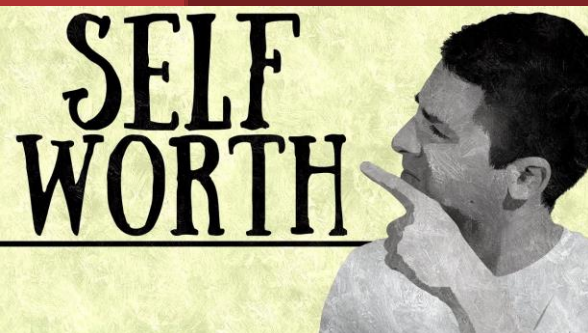
- Anger can also be caused by your own misperceptions of reality; or negative thoughts about normal life issues ( “they did that to hurt me on purpose!; “I shouldn’t have to pay taxes!”)
- Memories of trauma or past events;
- Biological issues that need on-going treatments – diabetes; dialysis; some medications can also increase your biological responses – steroids or other stimulants

# Emotion of Self-Preservation



We are attempting to preserve our:

- Personal worth
- Essential needs
- Basic convictions



CONVICTION

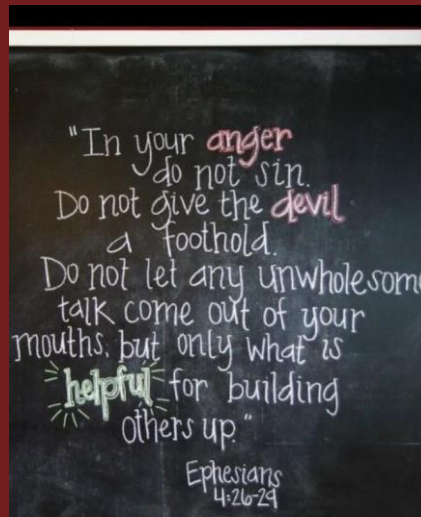
# Personal Worth

- Anger is fueled by PERCEIVED rejection or invalidation
- Dignity demeaned
- Lack of respect felt by the person and anger results
- Can also result from childhood experiences that brought shame or humiliation.



# Essential Needs

- Differs slightly from person to person due to temperament/personality/time constraints, etc.
- Some are essential to all people.



# Personal Convictions

- Also differ from person to person
- What foundational principles/beliefs matter most to you?
- Erosion of society, moral standards, progress, choices other people make...
- Anger at those who don't agree or are insensitive to our convictions

# Secondary Emotion

- What emotion came first?

The three F's

- Fear
- Frustration
- Feelings hurt

# **Complete your Anger Inventory**

# Anger Inventory Scale

- Less than 15 points – you have pretty good control of your anger OR you are in denial of your problems. 😊
- 15-30 points – normal range – you admit to having anger and realize you have room to grow in learning to handle your anger.

- 31-40 points – You have experienced more than your share of problems. You have had more dissatisfying moments in life than you would like. Work on learning ways to recognize and deal with your anger.
- 41 or greater – You need to schedule an appointment to meet with a counselor. You will need to work diligently on resolving and managing your anger.

# Managing Anger/Anger Styles

Generally, there are four usual choices in how people manage anger:

- 1. Suppression/repression of anger- (lock it up)
- 2. Aggression (turn it loose)
- 3. Passive aggression (another way to turn it loose)
- 4. Assertive anger (manage it)
  
- Drop It



# **Patterns of Anger**

# Pattern One

- I am image conscious. I don't like people to know my problems.
- Even when frustrated, I portray publicly that I have it all together.
- If friends or family upset me, I can let days pass without mentioning it.
- I tend to be moody or depressed.
- I am reserved about sharing problems and frustrations.

- Most people wouldn't suspect my resentful thinking.
- I have suffered from physical complaints- headaches, stomach aches, sleep issues...
- I wonder at times if my opinions and preferences are truly valid.
- When confronted with unwelcome situations, I may "freeze up".
- I don't usually initiate conversation on sensitive topics.

- If you chose five or more of these statements you probably have a well-established pattern of repressing your anger. Some relationships in your life may consider this style of handling anger to be emotional dishonesty.

# The Cream Puff

**A gentle answer turns away wrath, but a harsh word stirs up anger.**

**Proverbs 15:1**



- Suppresses anger
- Becomes anxious when anger is present
- Avoids conflict
- Blames self
- Over responsible
- Anger turned inward
- Over controlled
- Denies
- Represses anger
- Emotionally withdrawn

# Reasons

- Anger is childish – I am no longer a child.
- Anger is a negative emotion.
- People won't like me if I show my negative emotions.... like anger.
- If I allow myself to get angry, I may lose control of my emotions.

# Pattern Two

- I can be blunt or forceful when frustrated.
- My voice tends to get louder when I speak about my convictions.
- When confronted, I am likely to offer a ready rebuttal.
- NO one has to guess my opinion.
- I may overlook other's feelings to focus on fixing a problem.



- I often get caught up in bickering with family members.
- In verbal disagreements, I will repeat myself several times.
- It is hard to keep my thoughts to myself when others are obviously wrong.
- I am known for being strong willed.
- I tend to give advice, even if others don't ask for it.

- If you identify with five or more of these statements, you probably have a pattern of openly aggressive anger. You will most likely have ongoing struggles with relatives and close associates.

# The Locomotive

An angry man stirs up dissension  
and a hot tempered one commits  
many sins.

Proverbs 29:22

- Hostile
- Blatantly sarcastic
- Punishes others with anger-  
blows up with angry words
- Driven and forceful personality
- Quick to blame others for  
problems
- Cruel teasing-mean
- Controls with anger – throws  
things, breaks things, instills  
fear
- Critical
- Rages- shouts and swears  
at others
- Suspicious
- Combative- may get  
physical with hitting,  
pushing, shoving
- Has all the answers
- Few intimate friends



# Reasons

- I need to show my power.
- I have to be right.
- I don't know other ways to communicate my anger

# Pattern Three

- When frustrated, I get silent, even though I know it bothers other people.
- I tend to pout or sulk about things.
- I tend to procrastinate when I don't want to do something. I can be "lazy" if I want.
- If someone asks if I am upset, I lie and say, "No, everything is fine."
- I sometimes approach my work half-heartedly.

- At times I am deliberately evasive so others won't bother me.
- If someone tries to talk to me about my problems, I deliberately stare straight ahead and seem obstinate.
- I complain about others behind their backs, and don't take opportunities to be open with them face to face.
- I may refuse to do someone a favor if I think it will irritate them.
- At times, I misbehave "behind the scenes".

- If you chose five or more of these responses, you may have established a pattern of expressing your anger in a manipulative manner. This gives short term satisfaction, but not long term resolution of anger.



# The Steel Magnolia

**A quick tempered man does foolish things and a crafty man is hated. Proverbs 14: 17**



- Procrastinates
- Subtle sarcasm
- Forgetfulness
- Sends mixed messages
- Fosters confusion in others
- Makes excuses
- Chronic lateness
- Inconsistent behaviors
- Gives the silent treatment

# Managing Anger/Anger Styles

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# Assertive Anger

**My dear brothers and sisters, take note of this: everyone should be quick to listen, slow to speak and slow to become angry. Man's anger does not produce the righteous life that God desires. James 1: 19 and 20**

- Responds to anger – does not react
- Trusts
- Responsible
- Motivated by love
- Firm
- Listens
- Remains calm
- Proactive
- Unselfish
- Caring – focuses on the behavior and not the person
- Communicates their anger
- Uses 'I' statements
- I win/you win

# Reasons

- Anger is a normal emotion, and can be a normal reaction to certain situations and circumstances
- I like to express my anger appropriately.
- I want to solve the problem that is causing my anger.

# Physical Effects of Anger

- Increase in heart rate
- Increase in blood pressure
- Increase in blood sugar
- Increase in epinephrine and norepinephrine
- Increase in cortisol
- Increase in respiration
- Blood clots faster
- Increase in body temperature and perspiration
- Increase in testosterone
- Pupils dilate
- Blood flow is slowed down to digestive areas and moves towards the muscles
- Muscles contract

# Health Conditions

- Headaches
- Digestive problems
- Colitis
- Ulcers
- Insomnia
- Increased anxiety
- Depression
- High blood pressure
- Heart attacks
- Strokes
- Stress
- Arthritis
- Skin conditions



**ANGER**

HOW IT AFFECTS YOUR HEALTH?

# Emotional Symptoms

- Criticism of others or yourself
- Sarcasm
- Gossiping
- Impatience
- Meanness
- Demanding of others
- Withholding communication, love, affection
- Refusing to forgive

# How Does Anger Effect Your Decision-Making Skills?

- Reckless driving (speeding, car accidents)
- Abusive relationship with a partner or friend
- Alcohol and drug use
- Physical violence potentially leading to police involvement or incarceration



# Biblical Principles

- Ephesians 4:31-32
- Psalm 145:8
- Colossians 3:8
- James 1: 19-20
- Colossians 3:21
- Proverbs 14:17
- Proverbs 15:1
- Mark 3:5
- Proverbs 15:18
- Proverbs 16:32
- Proverbs 19:11
- Proverbs 29:11
- Proverbs 22:24-25
- Proverbs 29:22
- Ephesians 4:26-27
- Romans 12:19-21

# Spiritual and Emotional Consequences of Unrighteous Anger

- Broken fellowship
- Bitter and critical spirit
- Lack of peace
- Anxiety
- Loneliness
- Disagreeable
- Prevents true intimacy with God and others
- Affects ALL of our relationships
- Affects the Lord

# How to become a Mature Responder

- Have a SPECIFIC PLAN to deal with anger.
- 1. BE AWARE
- 2. ADMIT/ACCEPT
- 3. CONTROL – who has it?
- 4. POSITIVE THINGS ANGER PROVIDES
- 5. DEFINE/IDENTIFY
- 6. CHOOSE YOUR RESPONSE

# Healthy ways to manage your Anger

- Pray
- Memorize Scriptures to recall when you need them
- Count to Ten or Twenty or Fifty
- Change the scene by removing yourself from the situation. Find a relaxing and peaceful environment
- Practice forgiveness
- Journal your feelings
- Keep an anger log
- Listen to positive music
- Learn conflict resolution skills
- Take an Assertiveness training class
- Exercise
- Draw your feelings

# Healthy ways to manage your Anger

- Practice muscle relaxation
- Learn calm breathing techniques
- Think positive thoughts – remind yourself that the world is not out to get you. Daily life can have some “rough spots”.
- Problem solve: tune out your feelings; stop and think; consider your options; make a decision; check your progress
- Communicate with others: slow down and think about what you want to say; listen carefully to what the other person is telling you

# Healthy ways to Manage your anger

- Try to avoid places and situations where conflicts tend to arise at school: crowded hallways; bathrooms; unsupervised areas in schools or church
- Understand that retaliation is not an effective way to respond

# Tools to tame your temper

- Self- awareness- the ability to notice what you are thinking and feeling, and why.
- Self-control – think before you act; put some time between feeling a strong emotion and taking action.

# **When You feel like your Blood's a-Boilin'....**

- A – avoid
- N – never
- G –get
- E – evaluate
- R - responsibility



# Right attitude

- What can we each learn from this discussion that will make our relationship more positive and satisfying?
- Don't be "insane" – don't keep doing what doesn't work and expect the results to be different!
- Find one thing that you've learned today that you will start to apply to managing your anger!

# When to Ask for Help

- You feel consistent anger or rage at yourself.
- You feel anger that makes you want to hurt yourself or someone else.
- You often get into fights and arguments.
- You feel irritable, grumpy or in a bad mood more often than not.
- You have lasting feelings of anger over things that happened to you in the past or the present.
- Talk to your parents, youth pastor, teacher, counselor or another adult you trust if any of these things have been happening to you.

# Parents Rearing Children With Anger Concerns

- Be aware of your own stress levels
- Be there for your teen
- Find common ground
- Listen without judging or giving advice
- Expect rejection

# Tips for Parents of an Angry Child/Teen

- Establish boundaries, rules and consequences
- Try to understand what's behind the anger
- Be aware of angry warning signs and triggers
- Help your teen find healthy ways to relieve anger
- Give your teen space to retreat
- Take steps to manage your own anger

**Talk about your situation with someone you trust –**

**Seek counsel through The Pearl Ministry, the Pastoral staff , or a professional counseling organization.**

Seeking help is a sign of strength.

## Some materials and information for this presentation were adapted from the following resources:

- The Anger Inventory is from the book Getting the Best of Your Anger by Les Carter, Ph.D.
- The styles of anger questionnaire is from The Anger Workbook by Les Carter, Ph.D. and Frank Minirth, M.D.
- An Angry Spirit: Seeing Red in Marriage by Dr. Gary Oliver (from Marriage Works by the AACCC)

**Thank you for attending our first  
Emotional Intelligence training session.  
Our second Emotional Intelligence  
Training will be held on July 28, 2019**

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