

Could Anger be a Good Thing?

Taught by Greg Becker, Director of Congregational Care & Counseling

Session 7



60

Above the Waterline
We are consciously aware of 10%



← Actions

Thoughts

Secondary

Emotions

61

Below the Waterline

90% is subconscious or “matters of the heart”



← Primary Emotions

Attitudes

Urges

Experiences

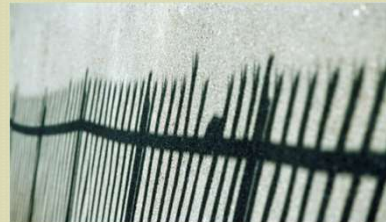
Motives/Vows

Memories

62

Dealing with Emotions

- We are commanded in scripture to “Guard our Hearts”
- The first step is developing **self-awareness** of thoughts and feelings (above waterline) and what energizes them (below waterline)
- This requires **introspection & reflection** or an “inside look”
 - Why did I respond the way I did to that situation?



63

Emotions

- Emotions are the response to several feelings, all at the same time.
 - Emotions are messages from the condition of our hearts.
1. Most feelings are psychological responses or reactions as a result of our automatic nervous system. The emotions do what they want; they are mostly morally neutral.

64

Emotions cont.

2. Feelings or emotions are tied to our interpretations, beliefs, or motives. These are things we can change. Behaviors and beliefs do what we choose.
- It is wrong motives and strategies, (below waterline) not wrong emotions, that “cause” us difficulty.

65

Taking an Inside Look

- What's your story? What's under the hood?
- Looking under the hood usually uncovers "**Deep Longings**" and "**Wrong Strategies**"
- Jeremiah 2:13 – My people have committed two sins: They have forsaken me, the spring of living water, and have dug their own cisterns that cannot hold water.

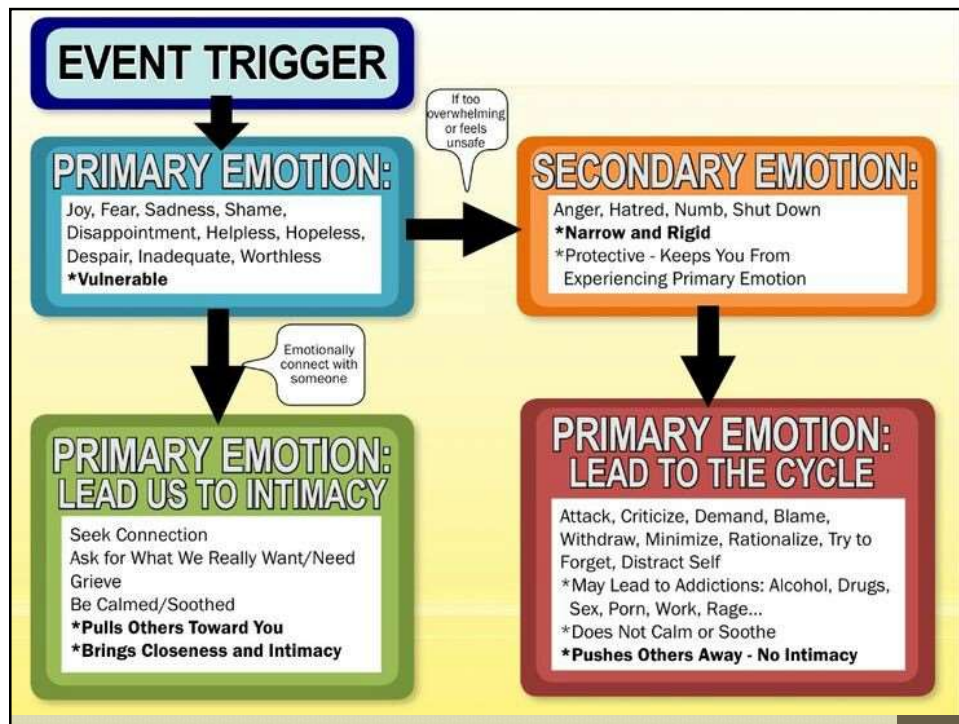


66

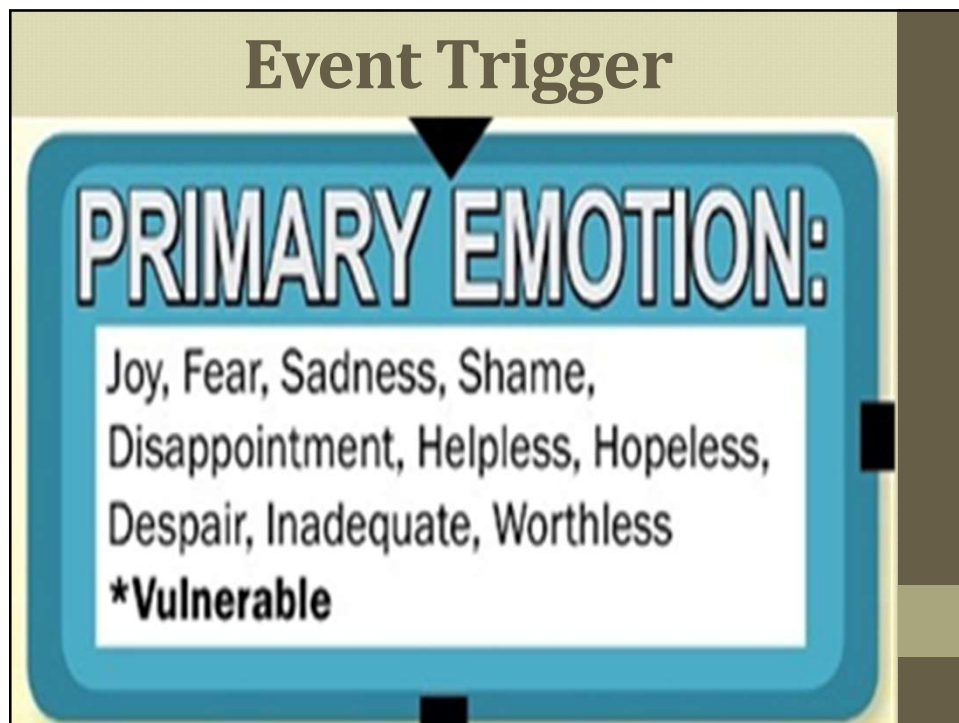
All of us have a Story...

- What are the most significant circumstances, events, and people that have shaped your life?
- When are times that you have sensed God's leading, voice, direction, etc in a very clear way?
- What is your "self-talk" and how does it impact the way you relate and live?
- How have you been wounded in your life? How have you've chosen to respond? (positive or negative).

67



68



69

If too overwhelming or unsafe,

SECONDARY EMOTION:

Anger, Hatred, Numb, Shut Down

▶ ***Narrow and Rigid**

*Protective - Keeps You From
Experiencing Primary Emotion

70

Continues to this pattern

PRIMARY EMOTION: LEAD TO THE CYCLE

Attack, Criticize, Demand, Blame,
Withdraw, Minimize, Rationalize, Try to
Forget, Distract Self

*May Lead to Addictions: Alcohol, Drugs,
Sex, Porn, Work, Rage...

*Does Not Calm or Soothe

***Pushes Others Away - No Intimacy**

71

Emotionally Connect w/Someone

**PRIMARY EMOTION:
LEAD US TO INTIMACY**

- Seek Connection
- Ask for What We Really Want/Need
- Grieve
- Be Calmed/Soothed
- *Pulls Others Toward You**
- *Brings Closeness and Intimacy**

72