



POSITIVE TIPS FOR ANGER MANAGEMENT

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Evidently God demands that we control our anger, if not, then why did He give us this command?: *“Be ye angry, and sin not: let not the sun go down upon your wrath...Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you with all malice”* (Eph. 4:26, 31). Anger management will not happen by accident or magic, it requires deliberate self-discipline and hard work. Here are some basic tips that may be used to manage anger in a Christ-like manner:

1. Identify the predisposition in yourself that causes you to be angry (Why do you fly off the handle so quickly?).
2. What is carried over from your childhood that prevents you from appropriately controlling your anger?
3. Learn appropriate and biblical modes for expressing “valid anger” (Not rage, mad, hatred, etc).
4. Forgive all those who have “wronged” you, “caused” your anger, whom you “resent” or don’t “like.”
5. Specifically identify events, persons, places, and times that trigger your anger response.
6. Pray specific love prayers based on 1 Corinthians 13 for those you have issues with.



7. Develop the A—B—C strategy for dealing with potential anger issues.
8. Visualize yourself handling anger in a positive Christ-like way (“How would Jesus handle this?”).
9. Before making a response count to 10 (If very upset count to 100).
10. Wear a rubber band on your wrist and snap as a reminder to keep calm, etc.
11. Attack anger with Scripture confession and trust. (Read, memorize, etc).
12. Take a brisk walk if possible before responding or confronting.
13. If possible avoid the event, time or person for a cooling down period (Don’t procrastinate, however).
14. “Speak the truth in love” when you confront a person (Eph. 4:15).
15. Write a letter (Let it cool for 5 days before sending).
16. Change your body posture (Sit erect, stand tall, etc).



17. Try to find the humor in the situation or person (Not making fun of, etc).

18. Listen carefully to what the person is saying (Communication is a vital key).

19. Monitor your thinking (Is it negative, judgmental, critical, etc?).

20. Go the second mile in love, forgiveness, and Christ-likeness.

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