

Assertiveness

Eph 4:25-27 NLT

So put away all falsehood and "tell your neighbor the truth" because we belong to each other. And "don't sin by letting anger gain control over you." Don't let the sun go down while you are still angry, for anger gives a mighty foothold to the Devil.

ANGER – How to Get Rid Of It
(Asserting Yourself Without Hurting Anyone)

1. Calm down James 3:2
2. Get in touch with you feelings --- they are valid and important (they are just not a good tool for making the next decision)
3. Determine what matters – is this battle worth fighting (see Confrontation page on back)
4. If you have determined that a confrontation is necessary, determine the best time to initiate it.
5. State your case clearly and how the other person hurt you Eph 4:20
6. Seek a solution and not a personal victory
7. Listen to the other person respond; grant a pardon and let it go Col 3

UNDERSTAND: Anger is a RESPONSE to something that happened, or someone who has said something or done something that upset your emotional equilibrium. Cause and effect.

First neutralize: Also known as "calm down," "count to ten," or "take a deep breath."

Vent your thoughts, frustrations, and anger by yourself. Walk away. Get yourself back to mentally neutral. Ask yourself questions. What really happened? What is my best resolve right now?

Then ask yourself: What can I do RIGHT NOW to change my frame-of-mind?

Can I call someone? Buy myself something? Jog? Read? Take a walk in the woods?
Watch a (funny) movie?

The longer anger festers, or goes unresponded to, the worse it becomes – for you.

Ask yourself questions. Can I prevent this next time? What have I learned?

The interesting part of anger is that after a period of time, you look back and wonder why you acted or reacted the way you did. Or even forget why you were angry in the first

place.

RECOVERY MUST BE COMPLETE. Make up. Apologize. Make amends. Make peace.

Kiss. Hug. Be personal, sincere, and mean it for yourself, not just for the other person.

The key is: Forgive. Until you forgive the past, you are destined to repeat it.

Shake hands. Look the other person in the eye. Try substituting the words, "I apologize"
for the words, "I'm sorry."