

Celebrate Recovery of Allen

Recovery from Anger

Every person has a "Pattern of Toxic Behavior" that can significantly damage the important and intimate relationships in his or her life.

Anger is one of our ten (10) basic, God-given, emotions. This emotion can be CONSTRUCTIVE or DESTRUCTIVE - depending upon our response. The focus of this group is on giving our will to Jesus to help us use all of our emotions according to God's design, for our lives, and to appropriately change our pattern of relating to others and our responsibilities.

When most of us think of an "angry" person we think of someone who destroys themselves and their relationships through uncontrollable outbursts of rage. We usually picture someone who goes around slamming doors, yelling loudly, and making life miserable for everyone, including themselves. Yet this is only one part of anger, as anger has many faces. Equally as damaging and destructive is anger that is suppressed, or "stuffed," as it will only continue to destructively influence our behaviors and attitudes. Ultimately, even suppressed anger erupts from deep within the heart.

Recognizing and accepting responsibility for toxic patterns of behavior is the first hurdle to overcome as one runs the race toward true freedom from anger. Walking through the recovery process with Jesus Christ as our Higher Power allows us to admit our powerlessness to control our anger, as well as trust that He will help us to overcome our destructive habits.

Breaking the old patterns that have kept us locked into destructive behavior takes time. What took years to bring about will take some time to change. But with Jesus Christ as our Higher Power, and the willingness to allow Him to change our life, real freedom from anger is possible!

Take a few minutes and complete a simple questionnaire. It may reveal more about your anger than you realize. It may also be the beginning of the healing that you're looking for!

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SELF-EVALUATION

The following inventory can help you in the recognition process as you seek to determine whether your anger is reaching a destructive level in your life.

Do any of the following items apply to you?

- I become impatient easily when things do not go according to my plans.
- I tend to have critical thoughts toward others who don't agree with my opinions.
- When I am displeased with someone I may shut down any communication with them or withdraw entirely.
- I get annoyed easily when friends and family do not appear sensitive to my needs.
- I feel frustrated when I see someone else having an "easier" time than me.
- Whenever I am responsible for planning an important event, I am preoccupied with how I must manage it.
- When talking about a controversial topic, the tone of my voice is likely to become louder and more assertive.
- I can accept a person who admits his or her mistakes, but I get irritated easily at those who refuse to admit their weaknesses.
- I do not easily forget when someone "does me wrong."
- When someone confronts me with a misinformed opinion, I am thinking of my comeback even while they're speaking.
- I find myself becoming aggressive even while playing a game for fun.
- I struggle emotionally with the things in life that "aren't fair."
- Although I realize that it may not be right, I sometimes blame others for my problems.
- More often than not I use sarcasm as a way of expressing humor.
- I may act kindly toward others on the outside, yet feel bitter and frustrated on the inside.

If you find yourself saying yes to 4 and up to 8, your anger is probably more constant than you would like. If you said yes to 9 or more, there is a strong possibility that you have struggled with periods of anger or rage, whether you are aware of it or not.

(Adapted from "The Anger Workbook," written by Dr. Les Carter and Dr. Frank Minrith)

Some have arrived at this crossroad. One road, a soft road, lures you on to further despair, illness, ruin, and in some cases, mental institutions, prison, or suicide. The other road, a more challenging road, leads to self-respect, solvency, healing, and personal fulfillment. We urge you to take the first difficult step onto the more solid road now.

Twelve Steps and their Biblical Comparisons

1. We admitted we were powerless over our addictions and compulsive behaviors. That our lives had become unmanageable. *"I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out."* (Romans 7:18)

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- 2. We came to believe that a power greater than ourselves could restore us to sanity.** *“For it is God who works in you to will and to act according to his good purpose.” (Philippians 2:13)*
- 3. We made a decision to turn our lives and our wills over to the care of God.** *“Therefore, I urge you, brothers, in view of God’s mercy, to offer your bodies as living sacrifices, holy and pleasing to God – this is your spiritual act of worship.” (Romans 12:1)*
- 4. We made a searching and fearless moral inventory of ourselves.** *“Let us examine our ways and test them, and let us return to the LORD.” (Lamentations 3:40)*
- 5. We admitted to God, to ourselves, and to another human being, the exact nature of our wrongs.** *“Therefore confess your sins to each other and pray for each other so that you may be healed.” (James 5:16)*
- 6. We were entirely ready to have God remove all these defects of character.** *“Humble yourselves before the Lord, and he will lift you up.” (James 4:10)*
- 7. We humbly asked Him to remove all our shortcomings.** *“If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.” (1 John 1:9)*
- 8. We made a list of all persons we had harmed and became willing to make amends to them all.** *“Do to others as you would have them do to you.” (Luke 6:31)*
- 9. We made direct amends to such people whenever possible, except when to do so would injure them or others.** *“Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift.” (Matthew 5:23-24)*
- 10. We continued to take personal inventory and when we were wrong promptly admitted it.** *“So, if you think you are standing firm, be careful that you don’t fall!” (1 Corinthians 10:12)*
- 11. We sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of His will for us and power to carry that out.** *“Let the Word of Christ dwell in you richly.” (Colossians 3:16)*
- 12. Having had a spiritual experience as the result of these steps, we tried to carry this message to others and to practice these principles in all our affairs.** *“Brothers, if someone is caught in a sin, you who are spiritual should restore him gently. But watch yourself, or you also may be tempted.” (Galatians 6:1)*

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