

Defusing Anger In Marriage



How To Express Anger Appropriately

"How To Build Strong & Healthy Relationships" "Defusing Anger In Our Marriage & Home"

Conflict is inevitable, but combat is not. Every disagreement we have with others or in our marriage will have either a breakdown or a breakthrough in the relationship to a new level of intimacy.

*"The fool who provokes his family to anger and resentment will finally have nothing left."
Proverbs 11:29 (LB)*

The Anatomy Of An Argument ... The Three Phases Of An Argument

Phase 1: Recognition ... "We've got a problem"

Phase 2: Reaction ... "I'm upset – ticked off about it."

Phase 3: Resolution ... "What can we do about it?"

How To Express Anger Appropriately

1. _____ **My Anger**

"Stop lying to each other; tell the truth . . . when we lie to each other we are hurting ourselves. If you are angry, don't sin by nursing your grudge." Ephesians 4:25-26 (LB)

2. _____ **My Anger**

"A man's wisdom gives him patience..." Proverbs 19:11 (NIV)

Some Root Causes For Anger

When I feel _____ I get angry

When I feel _____ I get angry

When I feel _____ I get angry

When I feel _____ I get angry

3. _____ **With My Anger**

*"Never let the sun set on your anger else you'll give the devil a foothold."
Ephesians 4:26-27 (JB)*

"You are only hurting yourself with your anger..." Job 18:4 (GN)

4. _____ **My Anger**

*"A fool gives full vent to his anger, but a wise man keeps himself under control."
Proverbs 29:11 (LB)*

*"Be quick to listen, slow to speak, and slow to become angry."
James 1:19 (NIV)*

*"A gentle answer turns away wrath, but a harsh word stirs up anger."
Proverbs 15:1 (NIV)*

What does it mean to share gentle words?

"Do not use harmful words in talking. Use only helpful words, the kind that build up and provide what is needed..." Ephesians 4:29 (GN)

Seven Rules For A Fair Fight

- Never _____
- Never _____
- Never _____
- Never _____
- Never _____
- Never _____
- Never _____

**What Am I Angry About?
What Am I Hurt Or Fearful Of?**

Personal Study

August 27, 2006

Getting Started

When you look at the anatomy of an argument why do you think most couples or individuals never get beyond phase two and on to phase three and resolve the real issue(s)? What gets in the way?

True confession time ...
Which are you more like – a turtle or a skunk? Explain.

This weekend the statement was made ... "If you boil it all down the bottom line root cause of anger is either fear or hurt." Do you agree or disagree with this statement? Why or why not. If it isn't fear or hurt what is it?

Rate yourself on how well you deal with your anger

I Admit When I Am Angry

Never									Always
1	2	3	4	5	6	7	8	9	10

I Understand Why I Am Angry

Never									Always
1	2	3	4	5	6	7	8	9	10

I Deal Immediately With My Anger

Never									Always
1	2	3	4	5	6	7	8	9	10

I Control My Anger

Never									Always
1	2	3	4	5	6	7	8	9	10

Going Deeper... Finish these statements

When it comes to anger in my life, my greatest need is ...

When it comes to anger in my life, I don't ...

When it comes to anger, I would do better if I would ...

When it comes to anger, my problem is ...

If I am going to resolve my anger I need to stop ...

Proverbs 15:1 in the NIV translation says, "*A gentle answer turns away wrath, but a harsh word stirs up anger.*" Ephesians 4:29 in the Good News translation says, "*Do not use harmful words in talking. Use only helpful words, the kind that build up and provide what is needed.*" When we're angry the kind of words we use in an argument make a big difference. Separate from your spouse make a list of the words you think should never be used and words that should always be used in an argument. After you've completed your list compare your list with your spouse. Note the different words and make a covenant to avoid the words that each has said should never be used. This will most likely expose some hurt and anger. Be sure to deal with it appropriately. Use more paper if necessary.

**Words We Should
Never Use**

**Words We Should
Always use**

"Anger is a choice." Why don't we want to believe that?
Why do we want to and why do we blame our spouse and others for our anger?

Of the "Seven Rules For A Fair Fight" which ones do you tend
to not follow and need to stop using in your arguments/fights?

What are the three most important things you need to stop doing when it comes to anger and what are the three most important things you need to start doing right now to have a stronger and healthier marriage?