PASTORAL CARE

Week 3

HANDLING ANGER, MANAGING CONFLICT

1. True or False

\_\_ Everyone feels angry sometimes

\_\_ Jesus felt anger

\_\_ Jesus was never in conflict with anyone

\_\_ Expressing anger is a negative thing to do

\_\_ It is ok to feel angry when someone hurts you

\_\_ A Christian should never be in conflict with anyone

\_\_ “Don’t get mad, get even” is a good motto for dealing with anger.

\_\_ Expressing anger immediately is the best

\_\_ Two people who experience many conflicts can never be good friends

\_\_ If someone makes me angry and I blow up, it is their fault.

\_\_ Expressing anger can help build a better relationship.

1. Look up the following bible verses and tell what God is challenging us to do.

 Matt 18:21-22

 John 15:12-13

 Prov 22:24-25

 John 2:13-17

1. Anger is a normal reaction to frustration or hurt. It is neither good nor bad. Emotions do not go away and so we need to deal with them. Fight, flight or ignore are our 3 responses.

 Research what the Fight/Flight response is and what is happening in the brain.

1. Growth includes recognizing failings, taking responsibility for our feelings, asserting ourselves so that our basic emotional needs are met and working toward a positive outcome.

Describe a situation where you were angry, what was the reason you became angry. How did you deal with it? How could you improve your reactions?