

**Understanding Anger as a
Distancing Mechanism**

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Notes can be found at:



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Whoever is slow to anger has great understanding,
but he who has a hasty temper exalts folly.
-Proverbs 14:29

But now you must put them all away:

anger,

wrath,

malice,

slander, and

obscene talk from your mouth.

-Colossians 3:8 (ESV)

Definition

Anger: noun

a strong feeling of:

- annoyance,
- displeasure, or
- hostility.

Sources of Anger

1. Blocked Goals
2. Injustice
3. Unmet Needs
4. Perceived Threats

Fight or Flight

- Also known as:
 - Hyperarousal
 - Acute Stress Response

Fight or Flight

Amygdala

Hypothalamus

Pituitary Gland

- Secretes ACTH (Adrenocorticotropic Hormone)

Adrenal Gland

Fight or Flight

Adrenal Medulla produces a flood of hormones

- Norepinephrine
- Epinephrine
- Cortisone
- Dopamine
- Serotonin

Fight or Flight

- Physiological changes in your body include:
 - Increased Heart and Lung Activity
 - Paling or Flushing
 - Changes in Digestion and Bowels
 - muscles tighten
 - Loss of peripheral vision

Fight or Flight

1. The response is automatic and hardwired into our DNA.
2. Operates on an “all or none” principle.
3. We experience the same physiological changes when the threat is to our self image!

Other Emotions Help Create Anger

1. Pride
2. Fear
3. Loneliness
4. Inferiority

Myths that Perpetuate Anger

1. Life Should be Fair
2. Weak People Avoid Conflict
3. I deserve for Others to Act Right
4. There are 2 Ends: Perfection or Defeat
5. Good Relationships Should be Easy
6. Anger is always bad.
7. Anger is abnormal.
8. Anger is something that happens to us. (Anger, and all other emotions, are actually behaviors – things we do.)
9. Anger is an uncontrollable force of nature and cannot be managed.

Myths about Anger

10. Anger is "all in your head."
11. Anger is inherited.
12. Anger can be relieved or released by hitting, kicking or punching things, yelling, etc.
13. Anger always leads to aggression.
14. Other people make us angry.
15. Males are angrier than females by nature.

Now What?

If you want to change how you feel,
you must first change how you think!

Now What?

1. How does God see this?
2. What am I afraid of?
3. Is there another way to achieve my goal(s)?

Now What?

1. Relaxation Strategies
2. Monitor my Self-Talk
3. Assertive Communication
4. Collaborative Problem Solving

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