

# Anger

Anger, after anxiety, is our strongest survival emotion. Anger empowers us physically to handle threatening situations. However, most of the situations in our modern life are not physically threatening; most threats are considered to be psychological or relational in nature.

Our bodies do not respond differently to physical or psychological threat. The body gets 'amped up' and ready to fight regardless of the source of threat. Our modern fight is primarily a 'fight to be right'.

As Christians, the truth is that there is only One that is truly right, and that is Christ. Most of our psychological attempts to be seen as 'right' have some element of self-righteousness.

James 1:19-20 says, "*My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, for man's anger does not bring about the righteous life that God desires.*"

So what are we to do with this powerful survival emotion that is felt in the body? The answer is that we are to regulate it.

All emotions have volume control. Anger, when on low volume, might be experienced as slight annoyance or slight agitation. Anger, when on high volume, might be expressed as physically posturing or ranting and raving. Each person is responsible for keeping their emotions at a healthy, holy volume.

Those that struggle with 'anger issues' usually struggle with emotional volume control, or emotional regulation.

If you struggle with controlling your anger, we have counselors and groups that can help you learn to balance anger and to channel its flow in an assertive, not passive or aggressive manner in your body and in your relationships.

Please contact Lake Pointe Counseling at (469)698-2250 or email us at [darlac@lakepointe.org](mailto:darlac@lakepointe.org) for additional information.