



CLM e-News  
September 2006

# Calvary Life Ministries

*Giving You Hope, When Life Hurts*



## ANNOUNCEMENT / ONGOING EVENT



### Is Anger Good or Bad?

Anger, like all other emotions, is neither good nor bad. Our emotions are neutral. What can be determined as good or bad, is our CHOICE of response/action, in relation to what we feel. What is important is how we express our anger.

### Anger Management

Once you have learned to identify anger and admit to yourself that you are feeling angry, you can then learn to distinguish right and wrong ways of managing it. Although you may not always like the presence of your anger, you can make good choices about how you can handle your response.

### Wrong Moves – Unhealthy Ways of Managing Your Anger

- Silent submission.
- Complaining.
- Blaming.
- Emotional distancing.

### Right Moves – Healthy Ways of Managing Your Anger

- Don't expect people to anticipate your needs or do things that you have not requested. They can't read your mind.
- Do try to appreciate the fact that people are different.
- Speak up when an issue is important to you.
- Don't react when you are feeling angry/intense.
- Take time out to think about the problem and to clarify your position.
- Don't put the other person down.
- Speak in "I" language, instead of "You". A true "I" statement says something about yourself without criticising or blaming the other person and without holding the other person responsible for our own feelings or reactions. Examples of "I" statements: "I am sorry I snapped at you. I just had a terrible day with my supervisor at work." "I was really worried something bad had happened, when you did not turn up for the rehearsal this morning. I did not mean to blow up at you."

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### The Grief Support Group

(Venue: Calvary Life Ministries, Damansara Perdana; Date: 3<sup>rd</sup> Thursday of each month; Time: 7:30PM)

The Grief Support Group is a safe place for people to work through their grief with the support and companionship of others who are also on the same journey. This support group is open to any person who has experienced a loss. Come join us for a cup of coffee and a time of sharing on the third Thursday of every month. For more information about this support group, please visit our website at <http://www.clm.org.my/events/index.html> or call Jeannie at Tel: 03-77103360.

## JUST FACTS

### Control Your Anger, Before It Starts To Control You

#### What Is Anger?

Anger is a signal, and one that is well worth listening to. When we feel angry, we need to ask ourselves, "What is my anger really telling me?" "What am I really angry about?" "What is the problem, and whose problem is it?" "How can I learn to express my anger, in a way that will not leave me feeling helpless and powerless?" "What risks and losses might I face if I become more assertive?" "If getting angry is not working for me, what can I do differently?"

## CONTACT US

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