



CELEBRATE RECOVERY

Recognizing the Problem:

Anger is one of our ten basic, God given emotions. This emotion can be constructive or destructive, depending on the response to it.

When most of us think of an "angry" person, we think of someone who destroys themselves and their relationships through uncontrollable outbursts of rage. We usually picture someone slamming doors, yelling, and making life miserable for everyone, including themselves. Yet this is only one part of anger, as anger has many faces. Equally as damaging and destructive is anger that is suppressed or "stuffed," as it will continue to destructively influence our behaviors and attitudes.

Recognizing and accepting responsibility for toxic patterns of behavior is the first hurdle to overcome as one works toward freedom from anger.

Identifying/Symptom Checklist:

Is My Anger a Problem?

- I become impatient easily when things do not go according to my plans.
- I tend to have critical thoughts toward others who don't agree with my opinions.
- When I am displeased with someone I may shut down communication with them or withdraw entirely.
- I get annoyed when friends and family do not appear sensitive to my needs.
- I feel frustrated when I see someone else having an "easier" time than me.
- Whenever I am responsible for planning an important event, I am preoccupied with how I must manage it.

- When talking about a controversial topic, the tone of my voice is likely to become louder and more assertive.
- I can accept a person who admits his or her mistakes, but I get irritated easily at those who refuse to admit their weaknesses.
- I do not easily forget when someone "does me wrong."
- When someone confronts me with a misinformed opinion, I am thinking of my comeback even while they're speaking.
- I find myself becoming aggressive even when playing a game for fun.
- I struggle emotionally with things in life that "aren't fair."
- Although I realize that it may not be right, I sometimes blame others for my problems.
- More often than not I use sarcasm as a way of expressing humor.
- I may act kindly toward others on the outside, yet feel bitter and frustrated on the inside.

If you checked 4-8 boxes, your anger is probably more constant than you would like.

If you checked 9 or more boxes, there is a strong possibility that you have struggled with periods of anger or rage, whether you are aware of it or not.

The Solution

Join us Tuesday and Friday nights at 7:00 pm to delve into these issues and begin to celebrate God's healing power through the Christ-centered 12 steps and the Eight Recovery Principles.

Celebrate Recovery is designed to help use all of our emotions according to God's design for our lives, and to appropriately change our pattern of relating to others.

Walking through the recovery process with Jesus Christ as our Higher Power allows us to admit our powerlessness and trust that He will help us overcome our destructive habits.

Breaking the old patterns that have kept us locked into destructive behavior takes time. What took years to bring about will take time to change. But with Jesus Christ as our Higher Power, and the willingness to allow Him to change our life, real freedom from anger is possible!

For more information, please contact:

Smoky Hill Vineyard
 20050 East Smoky Hill Road
 Centennial, CO 80015
 Tel. 303.690.2520
www.SHVchurch.org