

The Definition of Sobriety

Sobriety for Anger is difficult to define because it requires a basic change in the way I choose to engage with God and others.

In order to change, I cannot use another as an excuse for continuing my own behaviors. I am ready to accept responsibility for my own actions. Sobriety involves a serious commitment to living in relationships differently than before. Instead of pursuing or avoiding relationships out of fear, I now pursue God and others out of a genuine desire to love them well. If I am involved with God and others in ways that are better and healthier than before I began recovery, then I am on the pathway of sobriety!

Small Group Guidelines

1. Keep your sharing focused on your own thoughts and feelings. Limit your sharing to three to five minutes.
2. There will be NO cross talk. Cross talk is when two individuals engage in conversation, excluding all others. Each person is free to express his or her feelings without interruptions.
3. We are here to support one another, not “fix” one another.
4. Anonymity and confidentiality are basic requirements. What is shared in the group stays in the group. The only exception is when someone threatens to injure themselves or others.
5. Offensive language has no place in a Christ-centered recovery group.

*Please be advised if anyone threatens to hurt themselves or others, their small group leader has the responsibility to report it to a Celebrate Recovery Ministry Leader.

FREEDOM FROM ANGER



WE MEET EVERY TUESDAY NIGHT –HENDERSON CAMPUS

6:30pm-7:15pm Main Meeting

7:15pm-8:30pm Small Groups

8:30pm-9:00pm Hang Out Time

Central Church- Henderson Campus

1001 New Beginnings Drive

Henderson, NV 89011

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The Problem

Anger is one of our ten (10) basic, God-given, emotions. This emotion can be constructive or disruptive – depending upon my response.

Someone who goes around slamming doors, yelling loudly, and making life miserable for everyone, including them is one type of anger. Equally as damaging and destructive is anger that is suppressed, or “stuffed,” as it will only continue to destructively influence our behaviors and attitudes. Ultimately, even suppressed anger erupts from deep within the heart.

At times when I struggle with anger I may:

- Become impatient easily when things do not go according to plan.
- Tend to have critical thoughts toward others who don't agree with my opinions.
- When displeased with someone I shut down any communication with them or withdraw entirely.
- Get annoyed easily when friends and family do not appear sensitive to my needs.
- Feel frustrated when I see someone else having an “easier” time than me.
- Whenever responsible for planning an important event, I get preoccupied with how to manage it.
- When talking about a controversial topic, the tone of my voice is likely to become louder and more assertive.
- Accept a person who admits his or her mistakes, but get irritated easily at those who refuse to admit their weaknesses.
- 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.
- Find myself becoming aggressive even while playing a game for fun.
- Struggle emotionally with the things in life that “aren't fair.”
- Although it may not be right, sometimes I blame others for my problems.
- More often than not I use sarcasm as a way of expressing humor.

Act kindly toward others on the outside, yet feel bitter and frustrated on the inside.

The Solution

- Give God a “NANO SECOND” (just one billionth of a second!); to help me use all of my emotions according to God's design, for my life.
 - Recognize and accept responsibility for my toxic patterns of behavior.
 - Appropriately change my pattern of relating to others.
 - Feel and talk about my anger in a healthy and necessary way.
 - Recognize anger as my own and avoid hurting the objects of my anger, keeping my anger as a feeling not an action. Looking at anger as a feeling may also shine light on a larger hurt, habit or hang up hiding behind anger.
 - Check my motives. Rudeness under the disguise of being honest is still rudeness.
 - Live in peace, not in conflict. Remember that God is in charge of my life and He loves me unconditionally. Commit to having a daily quiet time with God.
 - Identify triggers, clues to getting angry and do something physical to get my adrenaline rush and energy out in a healthy way.
 - Confront in love to deal with what made me angry.
 - Self-control is a mark of spiritual maturity, I learn to ask myself before I speak:
 - Is it true?
 - Is it kind?
 - Is it necessary?
 - Commit to Jesus Christ and working the 8 Principles and 12 Steps.
 - Form an Accountability TEAM: Sponsor, Accountability Partners.
 - Weekly attend the Open Share Group.
 - Commit to a daily quiet time in the Celebrate Recovery Bible.
- Read about this area of recovery.