

## 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.

### Accountability Team Phone Numbers

Sponsor: \_\_\_\_\_

Accountability Partners:

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## ANGER ISSUES

We meet every Friday night...  
6:00 – 7:00p.m. Dinner  
7:00 – 8:00p.m. Main Meeting  
8:00 – 9:00 p.m. Small Groups  
9:00 – 10:00 p.m. Connection Café

Real Life, Moscow Campus  
Eastside Marketplace Mall

For Celebrate Recovery – Moscow Info  
[www.CRMoscow.com](http://www.CRMoscow.com)

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For World Wide Information on CR  
[www.celebraterecovery.com](http://www.celebraterecovery.com)

R e c o v e r y I s s u e s

## The Problem

In a world of disappointments such as loss, expectations, conflict, selfishness, and greed, anger is a common human experience. Toddlers to the aged, the righteous and the unrighteous, quiet personalities and loud personalities all share in the experience of anger. No one is exempt.

Anger, in itself, is not wrong or bad. There are some things that we should get angry about. In fact, even God gets angry. God's anger is borne out of his great love for us and is directed at the things that hurt us. His anger is not "at" us, but it is on our behalf.

Anger evaluates. It looks at a situation to assess if it is good or bad and declares it as bad. It asserts that something ought to be done about it. When we see division, theft, betrayal, violence, and such, anger is what motivates us to rise up and act at the injustice.

Our anger is destructive when it is self-focused and characterized by expressing our anger against others and not *for* others. Instead of working for their good, we lash out to hurt others.

We learn from those around us how to express our anger as well as what to be angry about. We then practice our angry habits until they become a part of our character. How we express our anger becomes a problem when we hurt others and leave a path of broken relationships. Some of us have loud outburst of anger that rip apart everybody and everything in our path. Others of us have a more calculated anger that manifests itself in pointed revenge. Still others of us have a deep seeded anger that leaks out into all that we do and say. Grumpiness, sarcasm, self-pity, and a critical attitude can all qualify us for having an anger issue.

## The Process of Recovery

The goal of our recovery is not to become stoic and emotionless, nor is it to become happy-go-lucky in all things. Our goal is to assess situations like God assesses them and to act more like Christ in the process. It is to leave a path of blessing behind us and not a path of destruction.

The first questions to ask are, *Do I get angry at the right things?* Did I perceive the situation correctly? Do I want something that I have no right to? Are my expectations appropriate? If not, being honest about our motives is a great place to start in recovery.

If I am getting angry at the right things, then the second question to ask is, *Am I expressing my anger in the right way?* Is my anger manipulative, condemning, or controlling? Or is the true motive of my anger to offer help. When we are righteously angry it is often easy to excuse our sinful angry responses because it's the right thing.

The third question to ask is, *What is motivating my anger?* Good motives for anger are a desire for God's glory, to be more Christ-like, and for the well-being of others. Bad anger is motivated by pride, false beliefs, and selfishness. A simple question to ask is "What do I really want?" If we are honest, we can recognize if our motivation comes from a desire to get even, not be inconvenienced, to prove we are right, to earn points, to be appreciated, etc. Because anger is a secondary emotion the key to recovery is to learn how to feel the emotions that come before getting angry, most often fear, or self protection. Recovery is a place to be honest with others about the motivations of our heart and to find freedom from the habits we've developed.

Begin the process of recovery and working through the 12 steps to heal and start living the life God has planned for us. We use the tools of recovery: calling our accountability partners, journaling and reading the Bible.