

# Spewers and Stuffers and Leakers, Oh My!

(Part 1)

Anger is a common, unavoidable, God-given, morally neutral, emotional response of protective preservation.

***Eph 4:26-27 And don't sin by letting anger gain control over you. Don't let the sun go down while you are still angry, for anger gives a mighty foothold to the Devil.***

The Many Ways We Respond To Anger

Factors That Affect How We Respond To Anger:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

## Spewers

1. \_\_\_\_\_ Spewers
2. \_\_\_\_\_ Spewers

## The Costly Consequences

- 1.
- 2.
- 3.

***Prov 29:11 A fool gives full vent to his anger, but a wise man keeps himself under control.***

## The Many Ways We Respond When Angry

Listed below you will find the most common ways we respond to anger. Read the list slowly. Then, with as much honesty as you can muster, place a check mark next to the ways that most characterize your response to anger. What are your top three?

Shut down	Put others down	Become critical & cynical
Assert power/authority	Roll your eyes	Become sarcastic
Become pushy/aggressive	Spew out	Give the "silent treatment"
Yell, scream, shout, slam	Become depressed	Cry
Belittle (demean, slander)	Become hostile &/or violent	Point your finger or flip the middle finger
Intimidate others	Blame others	Frown
Alienate others	Feel shame	Shake your fist and/or head
Suppress your feelings	Manipulate others	Groan
Repress	Experience self-hatred	Give ultimatums
Regress	Cover up your feelings	Shrug your shoulders
Grab, hit, push, beat, kick, slap, or throw things	Pretend you do not feel the way you do	Sneer
Become defensive	Rationalize and/or justify your actions or feelings	Minimize how your anger affects others
Become prideful/arrogant	Make excuses	Feel self-pity
Become withdrawn	Become discouraged, despondent, depressed	Become selfish, self-centered
Become self-righteous	Gossip, slander	Deny your feelings
Whine	Lie	Withhold affection
Cuss	Threaten others	Isolate yourself
Become fearful		