

Surviving in an Angry World—Part 4

This article is from the “Among Friends” section of the Church of God Big Sandy’s website, churchofgodbigandy.com. It was posted for the weekend of May 15, 2021. (The article was previously posted March 1, 2014.)

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BIG SANDY, Texas—On April 24, I began a series to mention concepts from a book titled *Surviving in an Angry World*. The book was written in 2010 by Charles Stanley.

This is the fourth installment.

On page 71, Dr. Stanley wrote: “Anger has a way of linking itself to many other emotions—with the end result almost always negative.”

Lethal combinations

Dr. Stanley continued: “Consider these combinations.”

- Anger + Hatred = Rage
- Anger + Bitterness = Revenge
- Anger + Worry = A Divided Mind
- Anger + Confusion = Turmoil/Indecision
- Anger + Insecurity = Manipulation/Control Tactics
- Anger + Stress = Physical, Mental or Emotional Breakdown/Burnout
- Anger + Resentment = Retribution
- Anger + Fear = Irrational Response
- Anger + Sorrow = Disorientation/Inability to Function

Dr. Stanley continued: “Certainly these aren’t all the combinations possible between anger and other emotions. And these are not the only results that occur from the combinations. Anger is unpredictable.

“Even so, consider the implications of combining two or more toxic emotions. Just as certain chemicals explode or react when combined, anger is very often a catalyst for intensely negative behavior.”

Link to other factors

On page 72, Dr. Stanley wrote: "Anger also tends to take on different forms depending on time, space, and situation. Consider these combinations."

- Anger + Urgency = Panic
- Anger + Confinement = Explosive Behavior
- Anger + Constraint = Tantrums
- Anger + Grief = Cloudy Thinking
- Anger + Too Many Options = Poor Decision Making

Identify contributing factors

Dr. Stanley continued: "Why should we be concerned with other factors associated with anger? Because of its volatility.

"What makes a person angry usually is not consistent over time. Nor does anger in a relationship always stem from the same set of circumstances or follow the same behavioral patterns.

"If you are able to identify another factor associated with anger, very often you can deal with a situation in a way that diffuses or lessens it.

"For example, if you realize that your anger is caused by stress, addressing that specific issue either personally or professionally will make a big difference . . .

"Recognize that the causes and effects of anger are not always straightforward. In your attempts to get to the primary cause of an anger problem, you may find yourself dealing with a number of issues.

"But that's okay. Address each of them as they come up, and don't stop dealing with them."