

## Lesson 3: Overcoming Anger



### Foundational Principle: Solving Problems

**Ponder:** Why does Heavenly Father allow us to face problems and challenges?

**Watch:** “A Bigger Truck”

**Discuss:** What is the real problem in this story? What are some options for the two men?

**Read:** “The Lord expects us to help solve our own problems. . . . We are thinking, reasoning human beings. We have the ability to identify our needs, to plan, to set goals, and to solve our problems” (Elder Hales)

Step 1: **Read** and **Discuss** the steps to solving problems.

- 1 IDENTIFY** What is the real problem?
- 2 STUDY OPTIONS** What are possible solutions? Which one is best?
- 3 DECIDE AND ACT** Pray for guidance. Decide. Then act with faith. Good results? If not, try steps 1–3 again.  
**DON'T GIVE UP!**

**Discuss:** How might “Solving Problems” help me “Overcome Anger”?

**Commit:** I will act on the steps we discussed to work on a problem that I am currently faced with. (Remember, don't give up. It takes time to solve problems and make changes.)

## LEARN

### 1. Understanding Anger:

**Read:** Everyone experiences anger. There are countless reasons to feel angry. We can't always control angry feelings, and it is easy to feel justified in our anger. We may even feel better in the moment after expressing anger in aggressive ways. But expressing anger doesn't help us feel better in the long-term, and it can result in

strained relationships, physical illness, financial loss, and spiritual or even physical damage to self and others.

The Savior taught the Nephites: “There shall be no disputations among you. . . . For verily, verily I say unto you, he that hath the spirit of contention is not of me, but is of the devil, who is the father of contention, and he stirreth up the hearts of men to contend with anger, one with another. Behold, this is not my doctrine, to stir up the hearts of men with anger, one against another; but this is my doctrine, that such things should be done away” (3 Nephi 11:29–30).

**Ponder:** Think of a time when you felt angry; then complete the chart below.

Situation	How Did I Respond?	What Was The Result?
Example: My brother/sister borrow something of mine without asking and lost it.	I called them names and refused to talk to them for several days.	I strained my relationship with them. I made them feel even worse then they already did for losing my stuff.

**Discuss:** How does managing anger help us become disciples of Jesus Christ?

## 2. REALIZING HOW ANGER ESCALATES

**Read:** When we allow ourselves to dwell on angry thoughts, our body also reacts. Physical reactions in the body increase our “emotional temperature level.” Certain behaviors can intensify our anger, so learning skills that help us “cool down” is an important part of managing anger.

Behaviors that “HEAT” anger	Behaviors that “COOL” anger
<ul style="list-style-type: none"> <li>-Making accusations</li> <li>- Arguing while angry</li> <li>- Yelling, screaming, shouting</li> <li>- Dwelling on hurt feelings</li> <li>- Planning revenge</li> <li>- Engaging in any form of violence</li> </ul>	<ul style="list-style-type: none"> <li>- Counting to 10 or higher</li> <li>- Noncompetitive exercising</li> <li>- Meditating, praying, and relaxing</li> <li>- Going outside</li> <li>- Choosing helpful thoughts</li> <li>- Listening to calming music</li> <li>- Taking deep breaths</li> </ul>

**Discuss:** What other ideas do you use to “COOL” anger?

### 3. UNDERSTANDING THE EMOTIONS BEHIND ANGER

**Read:** To manage your anger, identify the different emotions underlying it. **It's often easier to be angry than to deal with your real, underlying feelings.** Below is a list of some underlying emotions and experiences that may result in you feeling angry.

**UNDERLYING EMOTIONS AND FEELINGS:** Check the ones you can relate to

<input type="radio"/> Resentful	<input type="radio"/> Embarrassed	<input type="radio"/> Anxious	<input type="radio"/> Offended
<input type="radio"/> Disappointed	<input type="radio"/> Frustrated	<input type="radio"/> Worried	<input type="radio"/> Victimized
<input type="radio"/> Ashamed	<input type="radio"/> Inferior	<input type="radio"/> Threatened	<input type="radio"/> Lonely
<input type="radio"/> Hopeless	<input type="radio"/> Grief	<input type="radio"/> Nervous	<input type="radio"/> Injustice
<input type="radio"/> Guilty	<input type="radio"/> Insensitive	<input type="radio"/> Rejected	<input type="radio"/> Hunger
<input type="radio"/> Overwhelmed	<input type="radio"/> Heartbroken	<input type="radio"/> Entitled	<input type="radio"/> Fatigue
<input type="radio"/> Afraid	<input type="radio"/> Hurt	<input type="radio"/> Unmet Expectations	

**ACTIVITY:** As a group, read the following scenario together, and fill in the chart

SITUATION	RESPONSES THAT "HEAT" ANGER	UNDERLYING EMOTION(S)	RESPONSES THAT "COOL" ANGER
You are driving home from school. It has been a long, hard day, and you are running late to an appointment. Another driver almost causes an accident, then gives you an offensive gesture.			

### 4. CHOOSING TO RESPOND TO ANGER IN DIFFERENT WAYS

**Read:** It is important to understand the connection between anger and agency. As things happen in our lives, we may feel anger, but we are able to choose how to respond to this feeling: to become angry or to become charitable, kind, and generous.

**Discuss:** How can responding to a stressful situation in a way other than anger help the situation? What are different ways you can respond other than anger?

## 5. MANAGING ANGER AS A DISCIPLE OF JESUS CHRIST

**Read:** Living in unity with Jesus Christ can help you feel peace instead of anger. The “mighty change” of heart (Alma 5:14) that comes from being unified with Jesus Christ can help you to want to forgive others, “do good continually” (Mosiah 5:2), and “wait upon the Lord” (Psalm 37:9). The Holy Ghost will fill you with “love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, [and] temperance” (Galatians 5:22–23).

### MY ANGER AWARENESS EXERCISE: Fill in on your own

Describe some situations that triggers your anger. (For example, an argument with a friend or family member)	
Describe the reasoning or thoughts that increase your anger. (For example, “They only care about themselves” or “My friend is so irresponsible.”)	
Describe the feelings behind your anger. (For example, feeling disrespected, used, or ignored.)	
Describe the physical reactions you feel that are signs you are getting angry. (For example, sweaty palms, fast heartbeat, tenseness, or irritability.)	
Describe how you act out in anger, including your worst behavior. (For example, yelling, slamming doors, or hitting.)	
Describe a skill that cools your anger. (For example, counting to 10 or doing breathing exercises.)	
Describe how you will respond the next time you feel angry.	

## PONDER

Individually think about what you have learned today and consider what the Lord would have you do. Read the quote and write your responses to the questions below.

“So many of us make a great fuss of matters of small consequence. We are so easily offended. Happy is the man who can brush aside the offending remarks of another and go on his way” (Gordon B. Hinckley)

What are the most meaningful things I learned today?

What is one thing I will do as a result of what I learned today? (This could be your personal commitment for the month. If you can't think of a commitment, some potential ideas are listed below.)

Commitment Ideas:

- Complete the “My Anger Awareness Exercise” (from item 5 in the “Learn” section).
  - Practice a “cool down” skill (from item 2 in the “Learn” section).
  - Identify the underlying emotions and experiences each time you feel angry (from item 3 in the “Learn” section).
- .....

## MY COMMITMENTS

A I will use the steps we discussed to work on solving my problem.

B I will write down one thing I am grateful for each day and thank God for it.

C I will work on my personal commitment from the “Ponder” section.

D I will share what I learned with my family or friends.

My signature: \_\_\_\_\_

**SHARE**

- **Identify**
- **Study Options**
- **Decide - Act**

**COMMITMENTS**

**Thank you  
Lord...**