




ANGER BOX


ANGER BOX QUESTIONS



ANGER BOX

- Is any portion of what you are feeling being felt towards any person or any thing?
- Who or what do you feel angry towards?
- Why do you feel angry towards _____?

ANGER BOX OBJECTIVES



ANGER BOX

- 1) Determine if you are *angry*.
- 2) Identify *who* or *what* you feel angry towards.
- 3) Express a *tentative reason* for being angry.

When you are confronted with a problem, such as a situation that you perceive to be unjust and are not yet convinced of “God’s Solution” to it, you typically attempt to solve the problem yourself. As improbable as it may initially seem, if you stay angry, you are attempting to solve something with your anger.

After taking an honest look into why you feel what you feel, you may find that you are actually angry because of a deeper reason such as you believe that it will:

- protect you, or
- that it will hold someone accountable, or
- that it will motivate you to make better choices in the future.

In a ministry session, it is very common to find yourself still feeling some form of anger towards yourself, someone else, over an unjust situation, or even towards God. Anger is a normal, God-given emotion that you would understandably expect to feel when you experience something unjust or unfair, whether by someone or some situation that has caused you hurt. Anger includes a range of emotions from mild irritation, frustration and disappointment to being upset, hate or all-out rage.

So, while it may seem that you are right and justified at being angry at an injustice, whenever you find yourself still angry at someone or something that was unfair in the past, it is an indication that you lack God’s perspective and are unaware of God’s divine solution for that injustice.

God’s best for you is to always process your anger and not hold onto it for any great length of time. In Paul’s letter to the Ephesians, he writes, “Be angry but do not sin; do not let the sun go down on your anger,” Eph. 4:26 RSV. In the epistle of James, he writes, “... human anger does not produce the righteousness that God desires.” James 1:20 RSV. However, when anger shows up in a TPM session, we never attempt to let it go. Rather, we follow a different procedure.

Anger will likely cause you difficulty in moving forward in a session. It tends to drown out other negative emotions because it is like a clog in the drainpipe. As long as you are holding onto anger, it will likely make it difficult or impossible to hear God’s truth.

Because the presence of anger can result in these difficulties, whenever it comes up in a session, you need to stop to take a full inventory of your anger with three steps.

First, it is important to understand a unique characteristic of anything in the anger family that will be helpful to determine if you are angry. The emotions that are in the anger family are typically felt outwardly, towards someone or something. For example, I may feel angry “at” you, but I would not feel sad, scared, worried, or anxious “at” you. So, when you are feeling some form of anger, it will be directed “towards” yourself, someone else, including God, or “toward” some specific, problematic situation.

STEP 1—Acknowledge that you are feeling something in the anger family.

STEP 2—Determine towards who or what you are feeling angry (or irritated, etc.)

STEP 3—Determine a tentative reason for why you find yourself still angry.

Anger can often be elusive! Many cultures, both religious and secular, view expressions of anger as bad, sinful, disrespectful, and inappropriate. If you have grown up in such a culture, you may have been taught to suppress your anger. The truth is that if you are angry, then you are angry. God already knows if you are feeling anger and he knows why. He’s simply patiently waiting for you to acknowledge this so that you can position yourself to invite Him to convince you of His solution for your perceived injustice.

If you think you might be feeling angry, but are unsure, the following question in the Anger Box will help you make this determination. The question that needs to be asked is, “Is any portion of what I am feeling being felt towards someone or something?” If your response is, “yes,” then you can be assured that you are feeling angry and are ready to move forward and identify towards who or what you are feeling the anger and why.

Having confirmed that you are feeling angry and having completed an inventory of your anger (determining towards who, or what, and why), you are then ready to move to the SOLUTION BOX to confirm if you are feeling your anger for a reason, identify the problem you are attempting to solve with your anger and determine the reason that explains what you believe your anger seems to be doing for you.


After taking an honest look into why you feel what you feel, you may be surprised to find out that you are actually angry because you believe it is doing something for you such as...

- It will protect you.
- It will hold someone accountable.
- It will motivate you.
- It gives you a voice.
- It keeps you safe.
- It empowers you.
- It punishes poor behavior.
- It validates what happened.

SOLUTION BOX


SOLUTION BOX QUESTIONS

SOLUTION BOX OBJECTIVES



SOLUTION BOX

- Do you sense any resistance or hesitancy at the thought of (DOING THE OPPOSITE OF THE BEHAVIOUR) ?
- What do you believe would happen if you were to (STOP ENGAGING IN THE SOLUTION BEHAVIOR) ?
- So then, the reason for (ENGAGING IN THE SOLUTION BEHAVIOR) is what?



SOLUTION BOX

- 1) Determine if you are engaged in a “*Solution Behavior*.”
- 2) Identify the “*Perceived Problem*” that you are attempting to solve by engaging in your behavior.
- 3) Articulate a “*Solution Belief*” that explains your behavior.

Anger is just one of the ways you attempt to solve a “perceived problem”. When in a TPM session, it is very common to discover yourself having trouble moving forward. When working with a Mentor, they will first make sure that you know the purposes of the questions and the objectives in the Box that you are working through or explain about a principle that will help you accomplish your objective.

If, however, you seem to fully understand all of this and know what is expected of you to take the next step, yet you still have difficulty doing so, the next possible reason for your dilemma is that you are engaging in a “Solution Behavior.” You should never have to try harder to get past the difficulty, or put in any effort to accomplish your next objective.

When you go to the SOLUTION BOX, there are three questions and three objectives. To illustrate the flow of this box, let’s look at three hypothetical solutions.

STEP 1	STEP 2	STEP 3
SOLUTION	PERCEIVED PROBLEM	SOLUTION BELIEF
Example A: Angry at your boss	He’ll get away with what he did to me.	I need the anger to hold him accountable.
Example B: Emotion went away.	It will be too much pain.	I need to keep the emotion from coming back to protect me from feeling that pain.
Example C: No memory is coming to mind when I associate.	If I allow a memory to come to mind it will be overwhelming.	I need to not associate to a memory to keep from being overwhelmed.

STEP 1:

As you hear the first question, your job is to notice any resistance or push back that is causing you to not be able to accomplish your objective in the box you just left.

“Do you sense any hesitancy or resistance at the thought of not doing whatever it is that you are doing?”

Example A: “Do you sense any hesitancy or resistance at the thought of letting go of the anger towards your boss?” (Would it take any effort?)

STEP 2: Now it’s time to identify the “Perceived Problem” that feels true to you. This problem is what you are attempting to solve by doing whatever you’re doing, the “Solution Behavior” you are doing to fix the problem. (See table above for examples.)

You may be tempted to look for the positive thing (e.g. I will feel so much better), but actually you are looking for the negative thing that you think would happen if you were to do the opposite of what you are doing. It could be that you have just never thought of it in this way before.

“What do you believe would happen if you were to _____ (do or not do whatever your behavior is)?”

Example A: What do you believe would happen if you were to let go of the anger towards your boss?

STEP 3: Articulate your “reason” for why you are doing what you are doing—your “Solution Behavior”. This will explain why you are choosing to do what you are doing in response to the problem that you identified in the 2nd question.

“So, then the reason you need to _____ is what?”

Example A: Then the reason you need to hold on to the anger towards your boss is what?

(Information taken from *The Principles, Purpose, and Process of Transformation Prayer Ministry* by Ed Smith and Joshua Smith)