

## **This is “Peer Counseling Pause” with Reova Meredith**

### **Anger**

**Anger is a God-given emotion which indicates unresolved tension within a person.**

**Great things can be accomplished in our anger or great damage can be done.**

**One, or all, of three things is going on:**

**Hurt**

**Fear**

**Frustration**

**Experiencing anger is OK, but hurting someone because you are angry is not.**

**We express anger in one of three ways:**

**We explode**

**We bury it**

**We turn it inward**

**Depression is anger turned inward.**

**Anger can only heal completely when we:**

**Face it**

**Share it**

**And work through it to forgiveness**

**God’s word admonishes us to “Get rid of anger. Be kind and compassionate to one another, forgiving each other.” Ephesians 4:31-32**