

Small Group Guidelines

1. Keep your sharing focused on your own thoughts, feelings, and actions. Please limit your sharing to three to five minutes.
2. There is NO cross-talk please. Cross-talk is when two people engage in a dialogue during the meeting. Each person sharing is free to express feelings without interruptions.
3. We are here to support one another. We will not attempt to “fix” one another.
4. Anonymity and confidentiality are basic requirements. What is shared in the group stays in the group. The only exception is when someone threatens to injure themselves or others.
5. Offensive language has no place in a Christ-centered recovery group.



Riverview Church
4980 Sweetgrass Ln
Bonsall, CA 92003
(760) 941-1430

12 Step Meetings: Monday and Friday at 7
Foundations: Wednesday at 7
Parents of Addicted Loved Ones: Thursday at 7

Accountability Team Phone Numbers

Sponsor _____

Accountability Partners

FREEDOM FROM ANGER

Issue Pamphlet



12 Steps



Exploring the Issue of Anger

There is a plan and a purpose for anger in our lives. Anger is one of our 10 basic God-given emotions and there are constructive ways to deal with and express anger. For many of us, anger is the primary way we choose to express emotions. Therefore, anger is an issue that must be managed. We must learn to recognize our unhealthy patterns of anger and the emotions and circumstances that push us to become destructively angry.

For us, anger is a “misdirection,” a response that we have developed to mask hurt or fear. At its core, our anger is an intent to preserve our personal worth, essential needs or basic convictions.

We may feel intense shame and guilt over the actions we have committed during our unhealthy expressions of anger. We vow never to act that way again, only to find ourselves back in the same situations, unable to change it by our own power.

Characteristics of Someone Struggling with Anger Issues may include, but are not limited to:

- I have to raise my voice to get my point across.
- I become impatient easily when things do not go according to my plans.
- When I am displeased with someone, I may shut down any communication with them or withdraw entirely.
- I am annoyed easily when others don't appear sensitive to my needs or convictions.
- I do not easily forget when someone “does me wrong”
- When someone confronts me with a misinformed opinion, I am thinking of my comeback while they are speaking.
- When I am forced to deal with emotions or circumstances that I do not want, I become resentful.
- I become annoyed when others don't hold themselves to the same standards that I hold myself to.
- I often use sarcasm and humor to communicate a point.
- People take me seriously when I am “aggressive.”
- I may act kindly toward others on the outside, yet feel bitter and frustrated on the inside.
- I find myself overreacting to minor incidents.

Sobriety for Anger

Sobriety means I have not lashed out at others or harbored ill will toward others but have taken appropriate steps to forgive others and resolve conflicts. I have also not shut down emotionally, giving in to depression, which is anger turned inward.

Sobriety also means working or having worked through a Step Study Group, steady attendance at weekly 12 step meetings, serving, and accountability to a Sponsor and Accountability Partners.

How We Find Recovery

DAILY QUIET TIME WITH GOD: Anger causes me to live in conflict and not in peace. I will try to remember that God is in charge of my life and He loves me unconditionally. I will commit to having a daily quiet time with God.

TAKING A “TIME-OUT”: When I feel body arousal, I need to recognize that as a sign that I am getting angry. I will use a “time-out” to isolate myself from the trigger for my anger and to prevent the anger from becoming too intense. I will ask myself, “What is making me angry? And “How is this trigger about me?” I will reappraise the situation to keep my behavior under control. I will do something physical to release the adrenaline rush and energy in a healthy way, such as going for a walk or cleaning a closet. I will avoid alcohol, caffeine, or other medicating substances during “time-out.” Looking at anger as a feeling may also reveal a larger hurt, habit or hang up that is hiding behind the anger.

CONFRONTING IN LOVE: After the time-out, I will go back and deal with what made me angry. I will not use the confrontation as an opportunity to blame, shame, seek revenge, or to rationalize my anger. Examples of confronting in love while stating my feelings are: “I love you, here's how this action makes me feel,” or “I feel devalued when this is said or done.

WORK THE 12 STEPS AND CONNECT WITH OTHERS: I will commit to working the 12 Steps, to attend regularly the 12 Step meetings, and to getting an Accountability Partner for my anger management.

FORGIVE: I will become willing to forgive myself and others. Forgiveness is NOT forgetting. Forgiveness IS changing the way I think. Forgiveness IS my giving up my desire for revenge.