

ANGER MANAGEMENT

Anger is a natural human emotion that everyone experiences from time to time. Anger can be healthy in situations such as witnessing an injustice which motivates one to take proactive measures. Anger is a complex emotion with various underlying causes and contributing factors. It is often viewed as a secondary emotion, meaning it frequently masks other feelings like hurt, fear, sadness, frustration or a sense of being wronged. When anger becomes chronic, destructive or interferes with relationships and overall well-being, it's essential to identify the root causes. This is the first step towards managing anger effectively and developing healthier coping and communication skills. This may involve anger management therapy, specific techniques and discovering and addressing any underlying mental or physical health conditions.

STEP ONE

Skim through the entire document. If demons are currently oppressing you, be sure to read the sections "If Demons are Actively Harassing You" and "How Anger 'Opens Doors' to Demonic Interference. "

STEP TWO

If you can, print this document and use it to make notes. If not, have paper and pen ready to create your list to work from. Take a few long, slow, deep breaths. Prayerfully and slowly, go through the "Types of Anger, Causes and Effects" sections. Cross off any items that have not been a problem for you. Circle or write down each item that relates to you. Add others that come to your mind now or at a later time. If any emotions begin to surface, pause and let them release; this is part of the healing process. Make a note of any unresolved trauma or memories associated with that item. Either stop and process that item right away or come back to it later. When you have completed your list, move on to Step Three.

TYPES OF ANGER

Behavioral Anger refers to the physical actions or behaviors someone engages in when experiencing anger, as opposed to just the feeling of anger itself. It involves expressing anger through actions like yelling, throwing objects or physical aggression.

Chronic Anger is a persistent and pervasive pattern of anger that lasts over time, often becoming a part of a person's personality. It's not just a temporary reaction to a specific situation; it's an ongoing state of hostility, irritability and resentment. Individuals with chronic anger may have difficulty controlling their angry feelings and often experience them more frequently and intensely than others.

Assertive Anger is a way of expressing anger or frustration in a direct and firm manner, while still respecting the other person involved. It involves clearly communicating needs and boundaries.

Aggressive Anger is the outward expression of anger, often involving actions intended to harm or intimidate. It can manifest as verbal attacks, physical violence or destruction of property.

Passive Anger, also known as Passive-Aggressive Behavior, is a way of expressing negative feelings like anger or resentment indirectly, rather than directly. Instead of openly communicating their emotions, individuals exhibit behaviors such as procrastination, the silent treatment or backhanded compliments to show their disapproval.

Destructive Anger is characterized by intense, uncontrolled outbursts that harm relationships, damage reputations and negatively impact physical and mental health. It's often expressed through aggression, verbal abuse or physical violence. Destructive anger is focused on getting even, punishing or destroying.

Frustration Anger is a specific type of anger that arises when someone feels blocked from achieving a goal or fulfilling a desire. It's a feeling of being upset and annoyed, often because of an inability to change or achieve something. This frustration can then escalate into anger, especially if the individual lacks the skills to manage the initial frustration.

Overwhelm Anger arises when someone feels intensely stressed, pressured or emotionally overloaded, often due to an inability to cope with a situation or a build-up of stressors. It's characterized by a feeling of being consumed by anger, making it difficult to think rationally or manage behavior effectively.

Annoyance Anger is a feeling of slight anger or impatience, caused by a minor inconvenience or annoyance.

Healthy Anger is a constructive and appropriate emotional response that does not cause harm to oneself or others. It involves recognizing anger as a signal to address a situation, communicate needs and set respectful boundaries. It's about not letting anger control your actions or lead to aggression.

Incidental Anger is triggered by a situation unrelated to the task or decision at hand. It's a type of incidental emotion, meaning it's not directly related to the situation you're currently facing. This type of anger can still influence your behavior and decision-making in the unrelated situation.

Judgmental Anger arises from making negative judgments about others, often based on perceived flaws, shortcomings or injustices. It's a type of anger where individuals express their negative feelings by putting others down and making them feel inadequate or wrong. This can stem from a belief that one is superior to others or that others are inferior, leading to a cycle of criticism and negative evaluation.

Pain-Based Anger is a response to physical or emotional pain. It can manifest as a reaction to the pain itself, the limitations it imposes or the feelings of loss associated with it. This anger can be directed inward, at oneself or outward, towards others, or the source of the pain.

Repressed Anger is when a person unconsciously pushes down or hides feelings of anger, rather than acknowledging and expressing them in a healthy way. This buried anger can lead to various emotional, behavioral and physical problems, as it doesn't disappear but rather festers internally.

Retaliatory Behavior is a reaction to a perceived wrong or provocation with aggressive or harmful actions, often with the intention of seeking revenge or "getting even." This behavior is driven by a desire to restore a sense of fairness or balance after feeling wronged and it can manifest as physical aggression, verbal insults or other forms of hostility.

Righteous Anger is a morally justifiable strong feeling of displeasure directed at injustice or wrongdoing. It's an anger that is motivated by a desire to correct a situation or defend a principle, rather than personal offense. It's often associated with a deep sense of concern for justice and a desire to see things set right.

Anger Rumination is the tendency to repeatedly dwell on past experiences that caused anger, leading to a prolonged state of anger and potentially intensifying negative emotions. It involves focusing on the anger itself, replaying the event and potentially fantasizing about revenge or fictitious scenarios.

Self-Abusive Anger is directed inward, often stemming from feelings of shame, low self-worth or a sense of worthlessness. Individuals experiencing this may internalize negative emotions and express anger through self-harm, negative self-talk, substance abuse or disordered eating. It can also manifest as lashing out at others to mask feelings of low self-esteem.

Uncontrolled Anger, also known as intermittent explosive disorder (IED), refers to a condition where individuals experience sudden, intense and disproportionate outbursts of anger that are difficult to manage or control. These episodes can manifest as verbal or physical aggression and may be triggered by seemingly minor events. Uncontrolled anger can negatively impact relationships, work and overall well-being.

Volatile Temper refers to a disposition where a person experiences sudden and intense outbursts of anger or irritation. It's characterized by a tendency to react explosively and unexpectedly to perceived slights or frustrations. It involves rapid and unpredictable changes in emotional state, often leading to conflict.

Verbal Anger, also known as verbal aggression or verbal abuse, refers to the use of words to express anger and potentially cause harm to another person. It involves attacking someone's self-concept, often with the intent to cause psychological pain, through various means like name-calling, insults, threats or yelling. While not physically harmful, verbal aggression can be emotionally and psychologically damaging, affecting the recipient's self-esteem and well-being.

CAUSES OF ANGER

ADHD	Financial Difficulties	Poor Coping Skills
Assumptions	Fragile Ego	PTSD
Annoying Noises	Frustration	Relationship Problems
Anxiety	Goal Obstruction	Sleep Deprivation
Bipolar Disorder	Grief	Stress
Control Issues	Hiding Vulnerable Emotions	Substance Abuse
Depression	Learned Behavior	Unappreciation
Disappointment	Low Tolerance for Discomfort	Uncomfortable Temperatures
Feel Disrespected	Obsessive/Compulsive	Unfair Treatment
Fatigue	Oppositional Defiant Disorder	Unmet Needs
Fear	Overstimulation	Expectations
Feeling Attacked	Overwhelmed	Unresolved Trauma
Feeling Inadequate	Pain and Discomfort	Vulnerability

Mental health conditions can lead to frustration and anger. Understanding the root cause is crucial for managing anger effectively. Anger often stems from deeper rooted issues such as unresolved trauma. People experiencing depression may ruminate on things that make them angry. This can lead to mood swings such as Bipolar Disorder. If not properly managed, anger can then escalate to explosive outbursts of rage, aggression and conditions such as Intermittent Explosive Disorder (IED).

Psychological factors such as frustration can block an individual from reaching their goals or having their needs met, which can escalate into anger. Anger can be a reaction to feeling threatened, vulnerable or unsafe. Past traumatic experiences can leave individuals with heightened sensitivity to triggers and a tendency to react with anger. Suppressed grief can manifest as anger as the individual struggles to process the loss. A fragile ego can lead to anger when an individual feels their self-worth is threatened.

External Triggers such as high levels of stress and chronic pain can make individuals more irritable and prone to anger. Conflicts in personal relationships and financial difficulties can also be significant triggers. Feeling unfairly treated or disrespected can trigger anger and resentment. Unrealistic expectations, both of oneself and others, can also fuel anger when they are not fulfilled.

Environmental and situational factors including stressful situations at work, home or in relationships can trigger anger. Poor coping skills in managing stress can lead to increased anger and anxiety. Anger can also be a learned behavior as a means to achieve a desired outcome. Environmental factors like loud noises, overstimulation or uncomfortable temperatures can also contribute to irritability and anger.

Unforgiveness and anger go together like toast and butter. Just as unforgiveness fuels anger, anger can be a barrier to unforgiveness. Holding onto grudges can lead to other negative emotions like depression, anxiety and aggression. When one forgives another, oftentimes, in an instant, the anger towards that person dissipates. As the anger is released, then happiness, joy and love have an opportunity to fill that vacuum. If you are harboring unforgiveness towards anyone, I highly encourage you to contact me and request the "Forgiveness Exercise and Prayer."

EFFECTS OF ANGER

Abdominal Pain	Headaches	Problems at School, Work
Acid Reflux	Heart Attack	Rash Decisions
Adrenal Exhaustion	Hinder Career	Rebellion
Aggressive Behavior	Hostility	Regrets
Anxiety	Hypervigilance	Sadness
Bitterness	Impaired Decision-Making	Self-Harm
Depression	Impulsivity	Sleep Issues
Child Abuse	Increased Heart Rate	Strained Relationships
Communication Difficulties	Indigestion	Stroke
Criminal Behavior	Irritable Bowel Syndrome	Substance Abuse
Diarrhea	Low Self-Esteem	Suicidal Ideation
Difficulty Focusing	Legal Repercussions	Sweating
Domestic Violence	Memory Loss	Teeth Grinding
Elevated Blood Pressure	Muscle Tension	Uncontrolled Outbursts
Emotional Numbness	Negativity	Upset Stomach
Excessive Worry	Panic Attacks	Vascular Damage
Fatigue	Physical Abuse	Verbal Assaults
Guilt	Physical Disease	Weakened Immune System

Cardiovascular System Anger can trigger the release of stress hormones like adrenaline, leading to increased heart rate, blood pressure and constricted blood vessels. This can be particularly dangerous for individuals with pre-existing heart conditions, potentially leading to heart attacks or strokes.

Gastrointestinal Issues such as abdominal pain, upset stomach and even diarrhea due to the gut-brain connection. Over time, chronic anger may contribute to conditions like irritable bowel syndrome (IBS) or inflammatory bowel disease (IBD).

The Immune System can be weakened as a result of chronic anger, making individuals more susceptible to illnesses. Unresolved anger fuels chronic hypervigilance and keeps the body in a constant state of stress, leading to excessive worry and potentially to panic attacks.

Muscular Tension due to chronic anger can cause pain throughout the body. Tension in the neck and shoulders can lead to headaches, migraines and even teeth grinding.

Mental health conditions like anxiety and depression, can result when anger is not properly managed. This can lead to feelings of sadness, guilt, regret, worthlessness, self-doubt and thoughts of self-harm.

Impaired cognitive functions affecting concentration, focus, decision-making abilities and memory can be affected by chronic anger. When angry, individuals may make impulsive or rash decisions, potentially leading to regret or negative consequences. Anger can escalate to verbal or physical aggression, potentially leading to road rage, domestic violence, child abuse or other violent behaviors. Unmanaged anger can result in actions with serious legal and financial repercussions.

Emotional numbness or withdrawal from life can be the result when individuals suppress their anger. Prolonged anger can also contribute to feelings of cynicism and negativity, affecting overall well-being.

Relationships are often strained with family, friends and colleagues, leading to frequent arguments, misunderstandings, distrust, resentment and isolation. Witnessing chronic and intense anger in the household can have a devastating impact on children. Anger can create a hostile work environment, affect team dynamics, decrease productivity and potentially hinder career progression. Being around angry individuals can be unpleasant, encouraging others to withdraw, leaving the angry person isolated.

STEP THREE

Quiet your mind and focus on just one or more related items on your list. Ask your Inner Spirit to show you when this behavior or belief first began to manifest in your life. Ask to be shown the root cause that allowed you to adopt this emotion, belief or habit. If you start to feel emotional, let them surface and release. Ask yourself if this emotion, behavior or belief is still relevant in your life. Pray for help in seeing things from a new perspective so you can heal.

As much as you can, bring the root cause to closure by forgiving yourself and everyone else involved. To effectively keep this door closed, set steps in motion to keep this out of your life or to manage it better. That may include getting rid of items in your home, changing behaviors, letting go of certain people, seeking professional help, etc.

The goal is not only to heal all issues but to also discover any “open doors” that may be making you vulnerable to demonic interference. Most therapies don’t include the releasement of entities or even knowledge their existence. In their ignorance, they are more likely to label the client with a mental disorder such as bipolar, schizophrenia or paranoia. Yet, without addressing demonic interference, they are less likely to be evicted. A lot of one’s angry thoughts and behaviors may be projections from the demons.

While working through this lesson, each day that you are able to come to a greater understanding and let loose of stuck energy, follow up with the Releasement Prayer in Step Four. This will bring you into a closer relationship with the Creator, allowing you to heal deeper and hopefully stop any demonic interference.

Following are several suggestions to help you increase self-love, get to the core root of your anger, release the emotional pain and make choices so that you can have a happy, fulfilling life. Monitoring anger is a lifetime process but well worth the effort. Be sure to always balance your “inner work” with things that are fun and uplifting. Enjoy the journey to wholeness!

ANGER MANAGEMENT TIPS

Highlight or circle the tips that you may consider adopting.

SELF-DISCOVERY

- * Do online research to better understand how to release and manage anger.
 - * Anger is a part of life. Sometimes what causes the greatest pain can become the greatest blessing. Try to keep a positive outlook as you change your weaknesses into strengths. Don’t be afraid to leave your comfort zone; there are better things waiting for you.
 - * If you have demons tormenting you, keep in mind that the anger may be due to them. It is also understandable to be anxious when this happens since it seems to be out of your control.
 - * Use the Inner Child Healing meditation to talk to your inner child. Assure “hurt you” that you are of value. If you have mind fragments or sub-personalities, let them know they are needed for you to be whole. Help the fragments to heal the trauma by seeing the reality of the current situation.
- Download the free instructions at: theresacrabtree.com/inner-child/

EMOTIONAL HEALTH

- * Be patient with yourself. Healing and changing behaviors take time. Work at your own pace as you begin to peel off each layer and release what no longer serves you.
- * Be authentic. Train yourself to stop worrying about what others think or say about you. Remember that other people’s opinion about you is just that, their opinion. Don’t let others behavior define who you are. Their opinion does not need to be part of your reality.
- * Journal your feelings.

- * When anger starts to creep in, slowly count to ten backwards. If you still feel out of control by the time you reach ten, count forward to ten and repeat until you feel calmer.
- * Avoid movies, books, news, social media and activities that trigger your anger.
- * Sometimes it may be appropriate to just acknowledge that you are feeling angry without trying to understand or justify it. Simply accept the feeling.
- * If a situation begins to escalate, excuse yourself. Suggest to the other person that you meet at another time when both of you are calm so you don't say things you regret.
- * If you need time to cool off, leave the situation. The bathroom is often a good place to get recomposed. That is because people usually won't follow you there. ;-)
- * If you have been hurt by someone, when calm, express your feelings and talk to the person about how you feel. Rather than place blame, listen to their side and together come up with solutions. Good communication will help to discover if wrong assumptions have been made.
- * T.H.I.N.K. before you speak. Ask yourself if what you're about to say is: True. Honest. I,I,I, (all about me). Necessary. Kind.
- * Set clear and respectful boundaries with the upsetting people in your life.
- * Develop a personalized anger management plan. Collect suggestions that resonate with you. Keep the list near you or add them to your phone as reminders to do before your anger builds.
- * Create a calming kit that uses sensory items to help you relax. This could include something visually pleasing, like a favorite photograph, a bottle of your favorite fragrance, balls to squeeze, a few candies and calming scriptures to read aloud.
- * Acknowledge the root cause of your anger. Be careful not to use anger as a coping strategy to blame others, hide guilt, frustration, disappointment, embarrassment, etc.
- * Focus on the facts without over-exaggerating and creating catastrophic "what ifs." Stay in the moment and be realistic. This too shall pass.
- * Avoid common "stinking thinking" patterns: obsessing over "shoulds", jumping to conclusions, making assumptions of what someone else's motives or thoughts are, looking for the negative in situations, playing the role of being a victim or overgeneralizing with "always" and "never" statements.
- * Know when to pull back. You won't always agree with others. Sometimes it's better to let go and agree to disagree.
- * Pay attention to the way anger feels in your body: clenched jaw or fists, headache, pacing, heart racing, muscle tension, knotted stomach, breathing faster, etc. Train yourself to respond in a grounded, healthy manner before you reach the boiling point.
- * Pay attention to patterns, times and events when you tend to lose your temper. Develop a plan on how to avoid or alleviate those situations.
- * Avoid making important decisions or conversations when you are tired or distracted.
- * Once you are in the heat of an argument, it is easy to bring up past disagreements, which adds more fuel to the fire. Focus instead on the current situation and how the issue can be resolved in a calm manner.
- * Manage your time so that you don't create extra stress with self-imposed timelines.
- * Balance your work and recreational time so that you don't exhaust yourself.

MENTAL HEALTH

- * Keep your focus in the present. As soon as you notice you're dwelling on the past or future, immediately pull yourself into the current moment and refocus on something that is more uplifting. At first this may be hard, but with practice, you will retrain your brain and refocusing will become easier.

- * When you notice your anger was irrational, take time to go into prayer and ask to be shown what the root cause of the anger is. What need wasn't met? Did you have an expectation that wasn't met? Is there an underlying controlling issue at the foundation?
- * Avoid rumination, thinking about an issue over and over in your mind. When negative thoughts arise, refocus your attention. Don't allow yourself to get caught in a downward spiral.
- * When the old tapes start to play, counter them with positive affirmations. I have included several below for you to consider. Add more that fills your specific needs.
- * Don't hold a grudge. Unforgiveness creates anger, bitterness and resentment.
- * If you mess up, don't batter yourself with guilt, shame or blame. Just admit that you don't like the choice you made and plan to do better.

PHYSICAL HEALTH

- * Exercise at a gym or at home using online videos. Exercise releases endorphins and other feel-good chemicals, reduces muscle tension and can distract you from distressing thoughts.
- * Consciously tense and relax specific muscles to calm your mind and help ease the tension. This video will show you how. <https://www.youtube.com/watch?v=5q3K-6HvQIk>
- * Engage in activities you enjoy.
- * Join boxing, dance or aerobic groups.
- * Stretch or massage areas of tension. For example, roll your shoulders if they are tense.
- * Get a massage or chiropractic care.
- * Nurture your body with a salt bath. Be sure to shower off the salt afterwards.
- * Sit quietly and imagine a relaxing scene or pleasant memory.
- * Avoid alcohol and drug use. They lower your inhibitions and can make it hard to control your anger. Seek rehab if you can't stop.
- * Notice if caffeine tends to make you more irritable and prone to anger. If so, switch to decaf.
- * Listen to upbeat or relaxing music.
- * Engage in rhythmic movement: dancing, drumming, marching, running.
- * Take walks in nature by yourself, with friends or groups such as bird watchers.
- * Keep your body limber with gentle stretches.
- * Whenever anger begins to build, take several long, deep breaths in and out until you feel calm.
- * Slowly repeat in your mind a word or phrase such as "relax" or "calm down."
- * Eat nutritious meals. Join a cooking class.
- * Get plenty of sleep. Rest when you need it. Stay in tune with your body's signals.

SPIRITUAL HEALTH

- * Start each day with prayer. Express love to the Creator and Jesus. Then be open to receiving love in return.
- * Each morning, *feel* gratitude for at least three things in your life. You can do this in your mind or write them in a gratitude journal.
- * Anger is a normal and healthy emotion. Rather than suppress it, pray and ask to be shown the root cause of what knocked you off balance.
- * In prayer, ask to be shown any false beliefs you adopted that trigger an anger response.
- * Offer yourself in service to the needs of others, choosing things that are enjoyable and satisfying to you.

- * Read scriptures daily to become more connected to God. Jesus offers tremendous advice on how to live a good, moral life in the New Testament of the Bible.
- * Consider subscribing to a site that sends daily scriptures to your email address.
- * Recognize that some things are out of your control. When the anger starts to build, recite the Serenity Prayer. "God, grant me the serenity to accept the things I cannot change, the courage to change the things I can and the wisdom to know the difference."
- * Embrace comforting messages from the Bible and other writings. I have included several below.
- * Make the Nightly Prayer and Review part of your bedtime routine. Celebrate the things you did that increased your alignment with the Creator. Look at your unsatisfactory actions and reactions. Without adding guilt or shame, come up with ideas on how you can do better when a similar situation arises.
- * Incorporate the "Daily Spiritual Practices" into your daily routine.

You can download the Nightly Prayer and Daily Spiritual Practices at the bottom of my website.

SEEK SUPPORT

- * If you are dealing with someone with chronic anger issues, especially a person with narcissistic traits, it may be best to end the relationship or offer to go to counseling together. This is especially true if you don't feel safe around this person or they keep cycling as stable, then abusive.
- * Reach out and create a safe support system. Talking about your experiences and feelings with someone who listens and validates your emotions can be incredibly healing.
- * Join a local church that has a group in your age bracket or similar interests to build healthy friendships and build your connection with the Creator and Jesus.
- * Join community groups that have like-minded interests. These can be found online, at your local community center and in the newspaper.
- * Join an anger management support group. You can find these locally or online.
- * If you have family members or close friends you can trust, develop a stronger relationship with them. They may have some good advice or feedback for you. Focus on problem-solving rather than venting.
- * If anger is keeping you stuck, consider seeking help from a pastor. Many feel it is a weakness to seek help, yet sometimes a new perspective is what is needed to get past one's barriers.
- * Quite often, especially in abusive relationships, anger is not the root cause. Control and manipulation are the root issue. In these situations, specialized treatment may be in order.
- * If despite putting these anger management tips into practice, your anger is still spiraling out of control or if you're getting into trouble with the law or hurting others, you may need professional help. This could be in the form of therapy or anger management classes.
- * A qualified therapist, especially one who specializes in anger management can help you uncover the source of the anger, help you heal the trauma, regulate your emotions and learn how to build healthy relationships. They can help you uncover imbalanced coping mechanisms and false beliefs. They can also help you discover if there are underlying causes such as a personality disorder that is complicating your life. Reach out for help. You deserve to have a life filled with joy and happiness.

TYPES OF THERAPY

If you can't manage your anger by yourself, consider getting professional help. Many feel that asking for help is a weakness, however, the opposite is true. It takes courage to admit one's weaknesses and choose to make life changes. Below are some options to consider.

Anger Management Therapy is designed to help people manage their anger, as well as to deal with the stressors of life. The success rate is very high when one is motivated to find the root cause and to change their non-beneficial behaviors. The therapy may be led by a variety of professionals trained including psychologists, counselors, social workers or teachers who specialize in the field of anger management.

Important aspects of the therapy are to help the client identify triggers, find the root cause of the anger and release suppressed emotions. Various strategies will be offered to help manage anger. Not all classes include teaching good communication skills, so this might be another area to consider in order to help improve relationships. Some therapies may encourage family members or loved ones to participate.

Some therapies may enlist a psychologist or other professionals to perform tests in order to determine if there are any underlying mental or physical disorders contributing to the out-of-control behavior. If the client has an addiction, this will need to be addressed, as well.

The goal of anger management is to learn how to cope with anger and keep it from getting out of control. Finding the root cause of the triggers is essential. Oftentimes, the problem begins in early childhood when it was not permissible or safe for the child to express their emotions or to feel heard. Trauma such as a death, parental divorce or hospitalizations may not be understood or properly explained to the child. This can create anger due to feelings of abandonment, loss of control, as well as many other factors. Over time, the simmering rage begins to affect every area of the person's life. Being honest with the professional, especially during the initial meetings can help to identify the triggers.

Once the triggers are identified, then strategies and skills can be taught to help manage the anger and stop the progression before it gets out of control. As the client learns to better manage stress and anger, they will find their relationships improving, reduced anxiety, find it easier to make good decisions and will gain more confidence to deal with difficult situations.

Cognitive behavioral therapy (CBT) is based on the idea that thoughts, emotions and behaviors are all interconnected. This type of therapy is often utilized in anger management therapy. The strategies used are to help the client change their unhealthy ways of thinking and behaving.

Cognitive restructuring is a core component of CBT. As the name suggests, it is a technique to change the way one thinks. For example, when angry, people often get overly dramatic and start bringing up past events that only add fuel to the fire. Anger is often fueled by a need to be in control, so this would entail strategies to help one to learn how to lessen their demands and expectations on themselves and others. Strategies to eliminate or minimize non-beneficial thought processes and behaviors will be offered.

Individual therapy sessions with a therapist or counselor offers the benefit of personal advice, feedback and an individualized plan of action.

Couple's and family counseling is beneficial when one's partner and children are involved to help role-play common situations and to build better communication skills.

Anger management classes have the advantage of meeting others who also are coping with the same struggles. Although there won't be the same level of privacy, there is a greater opportunity to hear what strategies and tips were helpful to others. The teacher will lead the class in various discussions and strategies. With group classes, there may also be the opportunity to role-play situations. If there are no groups in your area or you are stretched for time, seek out online classes.

Online self-paced anger management courses have the benefit of working around one's schedule. However, there is the loss of the valuable component of in-person feedback. No matter what choice you make, be sure that the person leading the class or course is qualified in the field of anger management.

STEP FOUR

When you have processed one or more of your circled items, adapt the prayer below as a way to announce your rejection of what has been released. Ask your Inner Spirit, which is your connection to the Creator, to give you the wisdom, courage and belief that you can break free from unhealthy anger. Ask to be shown what you need to see or do in order to change any beliefs, thoughts, behaviors and habits that are keeping you stuck. Begin to formulate a plan that better reflects the person you want to be.

Even if you don't feel like you have any demons oppressing you, include the section on binding and casting out any demons. It's better to be safe than sorry. This prayer is designed to be used by people who have a relationship with Jesus and thus have the authority to use his name to cast out demons. If you feel certain that you are suffering from demonic oppression, now is the time to build a relationship with the Creator and Jesus. You are going to want them on your side!

If you are certain that you have demonic oppression, ask for the courage and faith to evict these intruders. The demons know if you are afraid of them and if you don't have the belief or connection with Jesus. In these cases, they are less likely to leave. Repeat the prayer as many times as you need until you feel a release.

Warning!

1. If you are the parent or legal guardian of a child or adult whose mental capabilities are age sixteen or under, you can intercede for them and include them in the Releasement Prayer. However, do not use this prayer on anyone else. Otherwise, you may be picking a fight with demons that you have no authority over and no protection against.
2. If you have demons that are manifesting violently, it is suggested that you have someone with you when you do the prayer. You may want to fast and pray beforehand to weaken them and strengthen your courage which will help make the process go smoother. Review the "If Demons are Actively Harassing You" section below.
3. If you suffer from Dissociative Identity Disorder (DID) aka Multiple Personality Disorder (MPD), paranoia or schizophrenia, have someone with you when you do the prayer. Most split personalities begin when a person has a rebellious nature blended rejection trauma. Those two personalities may make it difficult to release the other personalities. When the split began during early childhood, one may have some identity issues arise as they begin to meld these personalities back into one. It can be difficult to tell if the personalities were self-created as a coping mechanism and need to be merged or demonic beings that need to be evicted.

ANGER RELEASEMENT PRAYER

Read through the prayer first so you know what is involved.

Then state the following out loud, with conviction.

"Dear Creator, I ask for full healing from my uncontrolled outbursts of anger. Help me to see any new perspectives that will allow me to more fully understand the situation in order for my healing to be complete. I admit that I have (name any offenses you have committed). I know this is against your will. I truly want to stop this behavior. Help me to fully forgive any who have or will consciously or unconsciously cause me pain or harm. I accept your promise of forgiving me to the same measure that I forgive others.

I make null and void any contracts or vows I have made with any and all demonic kingdoms, whether done consciously, ignorantly or that came as the result of demonic deceit. I give no consent for any demon power to continue to harass me, no matter how they have gained admission to my body, mind, emotions and will.

Holy Spirit, I ask that you show me anything else which I need to change, so that I (and my children) may be totally free from the consequences of any unwise choices I have made.

(Pause, while listening as the Holy Spirit leads you.)

Right now, in the mighty name of Jesus Christ, I call to attention every demon power that is in me, attached to me, coming, going or in free circulation or in any way connected in my life. Every demon power, you are now under the authority of the living, resurrected Lord Jesus Christ. I bind you and command that you will not harm or harass me or anyone else associated with me. You will not hide, leave, call others to help or go to someone else. You will not split, divide, multiply, clone, fragment or pass your duties onto any other demon. Any parts of you that are in others or elsewhere, call them back now and unite as one, now. You are commanded to do so in the name of Jesus Christ.

You will repair any damage you have caused me (and those under my care). You will put everything back in order now, in the name of Jesus Christ. I command you to pack all your bags, take any equipment, implants, seeds, energetic debris and completely pull up and pack any roots you implanted. Take it all with you. Gather your entire kingdom, ranks and all members of your groups connected to me and unite into one. Now, all of you, go directly into the abyss in the name of Jesus Christ.*

Completely and totally release from me now. All demon powers present, go into the abyss now, in Jesus Christ's name. That is a command. It must be obeyed. Go, now!" Michael, I request that you send your angels to be sure they go into the abyss.

By faith, I receive freedom from all demonic influences in my life, in the name of Jesus Christ. I thank you Father for sending your son, Jesus Christ, with the promise of forgiveness and deliverance from my unholy choices and demonic oppression. Amen."

** If you feel uncomfortable casting them into the abyss, command them to go to the feet of Jesus. They must be taken out of circulation or else they may return to you or go to someone else.*

HOW ANGER “OPENS DOORS” TO DEMONIC INTERFERENCE

Humans are created with a physical body and a soul that includes emotions and a conscious mind able to make willful choices. Demons target each of these areas. Their main agenda is to pull humans away from having a loving relationship with the Creator. Humans who do not build a personal relationship with the Creator will fall prey to demonic snares.

The most common ways that demons gain a foothold is through one's ancestral lineage, unforgiveness and unhealthy soul ties. If you have not gone through the SoulCleanse process to address each of these, I highly encourage you to do so. This “Open Doors” series is tailored to help release blocks as a result of life choices and experiences. Each lesson also helps to discover and eradicate demonic interference. Be sure to study any of the other “Open Doors” lessons that apply to you. These include fear, anxiety, trauma from abuse, addictions, physical infirmities, sexual immorality, occult practices and more.

Below are some of the ways that humans “open doors” to demonic interference related to anger. It is important to note that if you are experiencing these things, that does not mean you have demons, because many of your thoughts, beliefs and behaviors are self-generated. Also, the brain is intricate; brain damage and mental disorders can mimic demonic interference.

It can be very difficult to tell the difference between mental illness, emotional upset, side effects from medications and demonic interference. Most doctors and therapists don't believe in demons, which can create a great hindrance, especially when medications are erroneously prescribed and the root causes that opened the door to demons are not addressed. When demonic interference begins during early childhood, the parents may ignore the symptoms, believing other reasons are the source. The child may believe that what they are experiencing is normal. Many of my clients can pinpoint exactly when the activity began, yet not realize the source is demonic until later reflection. Conversely, I often have clients who believe they are under psychic attack, yet after a little discussion, natural causes are discovered.

When a person is feeling angry, it is easy to get locked into a negative state of mind. Demons can take advantage of this and project thoughts into one's mind that increase the reason the person is angry. To remedy this, it is important to refocus one's attention on solutions or something else that is uplifting. When one remains focused on the anger, they are more likely to act out with angry words. This can spiral into an argument ending up in a physical altercation. Broken relationships, isolation, depression and other factors listed above can result. These are big wins that open more doors for the demons.

When angry, logic and mental clarity fly out the door. As a result, poor decisions are made that can lead to getting fired, assault leading to criminal arrest and legal problems. Anger also blocks inner peace making it harder to meditate, pray and feel uplifting emotions such as love, happiness and enjoyment of life. As these progress, anxiety and depression set in. Then one is more likely to blame God and others who can help them. Demons will project thoughts to try and convince you that God doesn't exist or doesn't know you or care about you. Nothing can be farther from the truth.

Demons also can manipulate other people toward you and vice versa. They can project thoughts to incite one's intuition to ignore “red flags,” convincing one or the other that this is the perfect person to build a relationship with. This is why it is important to heal imbalances. A person who has a solid foundation of love, trust and self-worth is much less likely to hook up with an abusive person.

One who has a solid foundation with the Creator and aligns their will with His, will be less likely to fall into the traps. Whether you believe in Jesus or not, the demons know full well that he has authority over them. So, you are going to want to have Jesus as your greatest ally in order to evict any demons. Following “the Way” that he shows us in the New Testament, along with the guidance from the Creator in the Old Testament will help to keep one free from demonic interference.

You are encouraged to seek God and when you do, with a sincere and submissive heart, He will respond. Once you connect and feel His love for you and begin to reciprocate, He will begin to pour His blessings out on you. He created you, He knows all about you and He is waiting for you to come to Him.

IF DEMONS ARE ACTIVELY HARASSING YOU

If you have completed the initial SoulCleanse, Breaking Ancestral Curses, Forgiveness and Soul Ties exercises and been casting off demons each time, any that are remaining will be clinging on tight. The strongest ones are usually the last to evict. They will either hide or try to stop you from proceeding. Their usual tricks are to project threatening thoughts, nightmares, make your body move or feel like you are being touched in some way. You may feel their anxiety in your body such as a churning stomach or headache.

Those that remain may still claim they have a “legal right” to stay. Knowing, then renouncing, what the demon claims is their legal right, is needed to cast them out. Ask Jesus to show you what that “legal right” is so that you can denounce it, then evict them. Until you are able to cast them out, ignore them as much as possible when you are not actively expelling them.

Allow yourself to dig deep so that you can discover and free yourself from the reasons that allow them to oppress you. They will do what they can to distract you whenever you try to work on your healing or connection to the Creator or Jesus. Some of their favorite tricks are to make the person feel very sleepy, exhausted or distracted.

You can help combat that by asking Jesus to give you the courage, faith, strength and guidance to combat them. Keep a good balance between doing the inner work and enjoying your life. The demons would love to keep you focused on them. Their hope is to wear you down so they can continue to manipulate you.

TOOLS TO WEAKEN DEMONS

*Each demon will respond differently to various methods.
Keep trying different ways until you find the ones that will work most effectively.*

* If you hear them saying things like, “You can’t do this, I am too powerful, etc., quote Bible verses to show your authority to cast them out by the authority of Jesus.

* Mention the great miracles Jesus performed.

* Talk about passages where Satan was defeated in the Bible.

* Play and sing songs about Jesus or the greatness of God.

* Recite “The Lord’s Prayer,” the 23rd Psalm or other Bible scriptures.

* Read or hold the Bible, reminding the demons that Jesus has authority over them.

* Pray and fast while asking for help to cast out the demons.

* Bind the demons, with conviction, out loud say something like, “You, demon who is poking me... sending nightmares... sending thoughts of suicide... (whatever it is doing), in the name of Jesus Christ, I bind you. You are commanded to stop that right now. Be quiet and be still. Get out of my home and leave me alone!” You may have to repeat it a few times. Then ignore them as best as you can.

* The goal is to cast them out but if you still have some open doors, they won’t leave. So binding is a temporary solution.

* Repeat the Releasement Prayer.

* Incorporate the Nightly Prayer and Review to help keep yourself free from demonic interference.

* If the demon tells you they do have a right to remain, ask it what that right is. If there is truth to what it says, then cancel that right by renouncing it, then cast the demon out. You will need to be sincere that you are stopping that belief, fear or activity, because the demons know if you are telling the truth. Do not have any further communication with them.

POSITIVE AFFIRMATIONS

Add others that inspire you.

My actions mirror my words and I am accountable for both.
I am in control of how I respond to challenges and setbacks.
I inhale peace and exhale anger.
I seek the truth and speak the truth.
I am calm, cool and collected.
I find joy in the little things.
I am committed to the boundaries I have set.
I am grateful for who I am and what I've accomplished.
I treat everyone with respect, even when it is challenging to do so.
I deserve to be here and I deserve to be happy.
I am committed to finding something positive to focus on, even in negative situations.
I release the past and embrace the present.
I have control over how I react.
I am enough, exactly as I am.
Other's negative opinion of me is not my reality.
I am solution oriented.
I look for the best in people.
This feeling is only temporary.
God loves me. I accept this love and offer mine in return.
I am committed to self-care.
In this moment, I am safe and in control.
I communicate with clarity and sincerity, avoiding the pitfalls of manipulation.
I can handle whatever comes my way.
I step away and recharge when necessary.
I have so much to be grateful for in my life right now.
I am committed to honesty in all my interactions.
I act with confidence because I know what I am doing.
All of my feelings are valid.
I have complete faith that my Heavenly Father is working on my behalf.
I am courageous in my commitment to truthfulness.
I can do this, I know I can and I will.
I can handle anything that's to come.
I am not lost in the mess of what has happened. I see the big picture. I know that this is temporary.
I let go of what I can't change and do my best with what I can.
I have been through hard times before and have survived them.
I am worthy of good things.
The feelings in my body are normal and I fully accept them.
I am blessed, loved and supported.

ANGER RELATED SCRIPTURES

Psalms 37:8 "Don't give in to worry or anger; it only leads to trouble."

Ecclesiastes 7:9 "Keep your temper under control; it is foolish to harbor a grudge."

Proverbs 3:5-6 "Trust in the Lord with all your heart and do not lean on your own understanding. In all your ways acknowledge him and he will make straight your paths."

Ephesians 4:26-27 "Don't sin by letting anger control you. Don't let the sun go down while you are still angry, for anger gives a foothold to the devil."

Ephesians 4:31 "Get rid of all bitterness, passion and anger. No more shouting or insults, no more hateful feelings of any sort."

Isaiah 43:2 "When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you; when you walk through fire you shall not be burned, the flame shall not consume you."

Proverbs 14:29 "Those who control their anger have great understanding; those with a hasty temper will make mistakes."

Proverbs 29:11 "A fool gives full vent to his spirit but a wise man quietly holds it back."

Philippians 4:6-7 "Do not be anxious about anything but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."

Proverbs 19:11 "Insightful people restrain their anger; their glory is to ignore an offense."

Romans 12:19 "Don't try to get revenge for yourselves, my dear friends but leave room for God's wrath. It is written, 'Revenge belongs to me; I will pay it back, says the Lord.'"

John 14:27 "Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid."

Philippians 2:14 "Do everything without grumbling and arguing."

Proverbs 15:1 "A gentle answer turns away wrath but a harsh word stirs up anger."

Proverbs 15:18 "A hot-tempered person stirs up conflict but the one who is patient calms a quarrel."

Colossians 3:8 "But now you must put them all away: anger, wrath, malice, slander and obscene talk from your mouth."

Colossians 3:15 "Let the peace of Christ rule in your hearts, to which indeed you were called in one body."

James 1:19-20 "Be quick to hear, slow to speak, slow to anger because human anger does not produce the righteousness that God desires."

Psalms 34:14 "Turn away from evil and do good; seek peace and pursue it."

Luke 6:31 "Do to others as you would have them do to you."

Romans 12:2 "Do not conform to the pattern of this world but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will."

Colossians 3:2 "Set your minds on things above, not on earthly things."

Matthew 6:34 "Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble."