

Road Rage!!! (Part I)

- Definition of road rage
 - Road rage is violent anger caused by the stress and frustration involved in driving a motor vehicle in difficult conditions."
 - Road rage in our journey is violent outburst by mom, dad, and or the teen that is caused by lots of stress and frustration in work or school while trying to maneuver our life in difficult situations or issues.

Two important things must exist to limit anger

- **Feeling loved and feeling valued**
- **Anger when used wrongly is the most destructive action thrust upon each other and damages long term opportunities for a strong loving relationship.**
- The Good News version of Proverbs 25:28 says, "*If you cannot CONTROL your anger you are as HELPLESS as a city without walls, open to attack.*"
- *In order to help others feel loved and valued one is going to have to learn to control (or manage) their anger or you will be helpless (at the mercy of your anger)*

Understanding the why's-

- Proverbs 19:11 says, "A man's wisdom gives him patience..." , so understanding why we tend to get angry will be helpful.
- Distorted anger is what happens when no actual wrong has been done but rather, your personal expectations/agenda/demands have not been met. It is born out of our selfish pride and our self-centered nature
- Definitive anger occurs where an actual wrong has been done as defined and derived from the principles in the Bible. It's something that God would be angry about. Things like abuse, cheating, deceit, hypocrisy, selfishness, oppression, etc This type of anger is justified and should motivate us to do right.
- *Give an example of distorted anger and definitive anger in relation to your teens.*
- *Why do teens get frustrated with parents distorted anger? How can you limit your distorted anger?*

Okay, so why do I get angry?

Un-met needs, convictions challenged, insecurity

Anger almost always appears when an unmet need that causes hurt or frustration exists.

Give an example of an unmet need that causes hurt or frustration that lead to anger that a teen does to a parent.

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- Insecurity exists which makes us feel threatened, fearful, or challenged (convictions)

- When a person's self-worth is attacked, when they are embarrassed, when they are criticized, or feel insecure their natural instinct is to fight back and show anger.
- Teens get angry often because they are constantly trying to figure out who they are and when their self-worth is attacked anger will be present.
- Give an example of attacking a teen's self-worth and why they would get angry.
- Being valued as a person goes a long way in how you respond to people in anger or not.
- King David reminded us when he said, "What is man that you are mindful of him, and the son of Man that you visit him?" Ps. 8:4

So Who Are These Angry People?

- #1-The Maniac -
 - He explodes. He's a walking time bomb, a hair trigger temper, out of control. When he gets angry, the parents usually get angry. They let it fly, throw things, cuss, yell, stomp up and down, throw a temper fit.
 - A good example in the Bible of the exploder, the maniac, is Cain, who was the first murderer. Genesis 4:5, 8, "*Cain became furious and he scowled in anger. And while they were in the field, Cain attacked his brother Abel, and killed him.*"
 - **Another term for the Maniac is "Open Aggression"**
 - *They make sure they preserve their self-worth at someone else's expense*
 - *They can't stand imperfections in people and things*
 - *The scream internally-"respect me, affirm me-They are insecure*
- #2- The Mute
 - *Silent type, hold on to anger, clam up, don't reveal their feelings, they often will deny they are angry, "crock-pot" anger-slow and simmering.*
 - *The Mute is also called "Suppressing Anger"*
 - *They suppress because they have the attitude of "what's the use"*
 - *They weren't heard as a child (teen) or thoughts respected so they feel helpless with authority figures externally but actually have a "superiority complex internally.*
 - *"I'm better than these people so I won't get angry"*
 - *They are susceptible to high blood pressure, ulcers, frequent headaches, backaches, et...AND CAN EXPLODE UNCHARACTERISTICALLY*
 - A good example of this is Jeremiah, the weeping prophet. Jer. 15:17-18 "*I stayed by myself and was filled with anger. Why do I keep on suffering? Why are my wounds incurable? Why won't they heal?"*

- #3-The Martyr
 - He is self-punishing and passive, throws pity parties, always tries to figure out what they did wrong to cause anger and what they could do different,
 - #1 problem of a martyr is DEPRESSION
 - Martyrs also called "Passive Aggressive". They need to be in control with the least amount of vulnerability. Internally say "I'll show you" when they get hurt. Don't show much anger on the outside but boiling on the inside.
 - They tend to hold grudges and love to keep score
- #4- The Mentor
 - The mentor understands the purpose of anger and how to manage it. They are not perfect by any means but they grasp hold of the importance of making sure they don't destroy the person they have anger toward.
 - This anger type is also called **Assertive Anger**. This type of anger still wants to preserve personal worth, needs and convictions but wants to accomplish this while *considering the needs and feelings of others*.
 - They focus on the big subject matters that count. They work hard at the tone of their voice and how they say things and what they say. **They don't excuse the hurt or frustration and they don't shy away from conflict**

However they have learned to speak the truth in love with the understanding of their anger motivating them to help build up the one they are addressing

Side Note

There is one more option for dealing with the anger types. You can always determine from prayer and consideration to just DROP THE ANGER. There are times when even assertive anger does not work against a rebelling person so the best thing to do is to just choose to drop the anger. Dropping your anger means you accept your inability to completely control your circumstances and you recognize your personal limits. This option includes tolerance of differences as well as choosing to forgive. This is not like suppression because you chose to apply Biblical forgiveness and not hold onto it.

- **Okay, so how do we not have road rage?**

Many people know that their anger has become a nasty habit and they need an unnatural inner strength to break free from this pain. This happens when dependency on humans and circumstances are substituted for a dependency on the strength from God. Your dependency on exchanging your anger for God's strength and victory must be grounded in scripture

Every prudent man acts out of knowledge, but a fool exposes his folly." Prov. 13:16

"A wise man's heart guides his mouth, and his lips promote instruction." Prov. 16:23

"A man's wisdom gives him patience; it is to his glory to overlook an offense." Prov. 19:11

"A fool gives full vent to his anger, but a wise man keeps himself under control." Prov. 29:11

Road Rage!!! (Part II)

Wellness Check Up Program:

- #1- Truly accept your worth in God's eyes Read: Psalm 139 13-16
- #2 -Acknowledge the unreliability of humans Read: Jer. 17:9
- #3- Acknowledge our own inability to solve all our problems Read: Rom 8:5-8, Gal 6:7-10
- #4- -Learn to yield our self-will to the will of Christ and letting our lives be guided by His wisdom. Read: Eph. 4; 22-24, Rom. 12:2
- #5- Chose to endorse healthy characteristics prescribed in God's Word. We set boundaries and act assertively when necessary and resolve to develop a Godly reputation. Read : Gal. 5:19-23
- #6- Apply Rom: 12:2 principle-"Constantly work on renewing your mind"

Examples of applying wellness program

- Learning to yield to peacefulness rather than succumbing to an unhealthy sour disposition. (*for instance, when you take a break from work, you can appreciate a few moments of rest rather than spending those moments griping about the work that's still ahead*)
- Learn to show patience rather than irritability: (*for instance: when my teenager has not taken out the trash request for the 4th time. I can speak firmly yet remind myself that as a human his normal fleshly self is to be selfish and not a servant and it will take patience on my part to teach how to be responsible*)
- Learn to show self-control instead of losing it and getting irritable (*for instance, when I'm explaining a task to my wife I can recognize that she does not have the same mechanical aptitude I have and I can chose to keep my level of irritation out of my voice when she asks simple questions*)

Now we're ready for the written test on road rage-

- You agree to...
- **Live in humilty rather than pride.**
- *Why do teens have a problem with humility?*
- *Define a prideful person.*
- *Pride and anger go hand in hand, why?*
- *Pride is like a spiritual disease that is the manifestation of our innate sinful nature*
- *My impatience is easily aroused when people don't meet my expectations. Read the following verses out of the book of Proverbs to help you have a better understanding of prides nature in our lives. Prov. 11:2, Prov. 13:10, Prov. 16:18-19, Prov. 29:23*

- ***Pride goes hand in hand with anger***

A very important point to remember is that teens believe that people (their parents) and circumstances are the real cause of their anger. This type of thinking leads to a false conclusion that their anger will go away if they can force people to act as they want them to act.

Why is this a false conclusion?

Do you see what the root problem is when it comes to grasping why we distort our anger? It's not because of others but because of us? We must understand that our distorted anger is our problem and it's a sin problem. Pride does not allow us to admit that. We want to always blame others.

By saying your anger is a manifestation of your sinfulness; you can conclude that your anger can be managed only as you come to proper terms with God.

*How do you do this? **With Humility***

Humility is other focused (Phil. 2:5-11)

In your relationships with one another, have the same mindset as Christ Jesus:

- ⁶Who, being in very nature God,
did not consider equality with God something to be used to his own advantage;
⁷rather, he made himself nothing
by taking the very nature of a servant,
being made in human likeness.
⁸And being found in appearance as a man,
he humbled himself
by becoming obedient to death—
even death on a cross!
- ⁹Therefore God exalted him to the highest place
and gave him the name that is above every name,
¹⁰that at the name of Jesus every knee should bow,
in heaven and on earth and under the earth,
¹¹and every tongue acknowledge that Jesus Christ is Lord,
to the glory of God the Father.

Humility can manage anger

- We must understand that humility accepts limits and a prideful person does not.
- As the parent you can still be assertive in your definitive anger while being respectful of boundaries that have been set. We must establish personal boundaries including anything from communicating simple needs to standing for deep convictions.
- Can you give an example of how to use humility and set boundaries to help manage your anger when your teen breaks a curfew or fails a class?

- Important point: Prideful parents struggle to maintain balance. They tend to communicate their needs and convictions with the assumption that no one could possibly disagree with them. These types of parents are easily offended and don't like to accept unique distinctions in their kids.

So how does the inability to accept limits create anger?

- We are guaranteed to fail in our God-mimicking efforts (I know what's right all the time), and this ensures frustration which leads to anger.
- However, the parent that exhibits true humility and knows they don't have all the answers will be more inclined to reason with their teen in a way that the teen understands and accepts because they know the parents aren't perfect.
- Anger management requires us to willingly recognize our personal limits. When we become responsibly assertive we relinquish the dream that the world can and should fit our personal preferences all the time.

Final lap on road rage with our teens.

- **#1- Don't Be surprised by Your Child's Anger.**
 - Don't be easily shocked by their anger. Instead, accept it as a normal teenage reaction. Teens have an ongoing internal conflict with authority
 - On one level they know they need the guidance, but on the other level they're preoccupied with themselves and they want zero input.
- Controlling your response to their anger towards you is critical.
- Prov. 13:16- *"Every prudent man acts out knowledge, but a fool exposes his folly."*
- Prov. 14:3- *"A fool's talk brings a rod to his back, but the lips of the wise protect them."*
- Prov. 14: *"A quick-tempered man does foolish things, and a crafty man is hated."*
- Prov. 14:29- *"A patient man has great understanding, but a quick-tempered man displays folly."*
- **#2- Let Choices and Consequences teach/discipline the Teen**
 - Don't be impatient for your teen to learn an important lesson. Figure out how to give the teen choices. Then the teen will have to accept the consequences of the choice they made.
 - Don't think for your teen; teach the teen to think for themselves.
 - You do this by learning to be an expert at asking questions to help them develop their own solutions.
- Prov. 15: 23- *"A man finds joy in giving an apt reply-and how good is a timely word!"*
- Prov. 16:21- *"The wise in heart are called discerning, and pleasant words promote instruction."*
- Prov. 17:27- *"A man of knowledge uses words with restraint, and a man of understanding is even-tempered."*

- **#3- Don't Preach**
 - Don't preach, especially in anger- Otherwise, ironically you're showing your teen that you want them to calm down and don't show anger even though you're doing the same thing.
 - Work on giving a "low-key performance".
 - Do you debate fine points with your teen? Do you offer rebuttals to your teen's point of view?
 - Do you work extra hard to convince your teen of the validity of your opinion? Do you raise your voice when your teen disagrees with you?
 - Or DO YOU LISTEN and don't talk until they are through?
- **#4- Don't major on the minor**
 - Your teen is not faced with the same issues that confront you.
 - The "big" dilemmas are small in comparison to what we have to worry about. However, in their eyes their issues are major even though they are really minor.
 - Very important-Remember developing a relationship that has respect, encouragement, and empathy is more important than perfectionism, selfishness, impatience, and petty preferences.

Check points for majoring on the minors

- Do you let your teen make minor mistakes and learn from those errors rather than insist on a mistake-free life. (In their eyes)
- Is differentness allowed in your home and encouraged?
- Do you save your discipline for issues that really matter? (What would your teen say?)
- When your teen gets upset over simple things, you can be objective and not get pulled into the emotions of the moment.
- You can chuckle or smile about some of the little worries that bother your teen.
- You don't feel obligated to fix every minor problem your teen presents to you.
- I work hard at keeping minor issues minor.
- **#5- Share Your Own struggles**
 - Try and share some of your adult struggles because your teens are now as aware of your struggles as you are of theirs.
 - You become a more believable person which allows the teen to become more open when you share real life experiences and your own challenges
 - Many times parents aren't vulnerable because they create an atmosphere of false superiority. The teen
 - knows you sometimes don't have it together. Being authentic opens communication.

- Deuteronomy 6:4-9
- *“Hear, O Israel; The Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your strength. These commandments that I give you today are to be upon your hearts. Impress them on your children. Talk about them when you walk along the road, when you lie down and when you get up. Tie them as symbols on your hands and bind them on your*
- #6-Incorporate Spiritual Insights peacefully. (Don't Spiritually Lecture)
 - Anger management is ultimately a function of spiritual maturity. Is. 26:3 says, “You will keep him in perfect peace, whose mind is stayed on you.”
 - Too many times the teen thinks Christianity is nothing more than just a bunch of do's and don'ts. Emphasize teaching on grace, forgiveness, selflessness, respectfully confrontation on a regular basis.
 - Once truths are taught you need to move from instructor to facilitator.

Conclusion

- Set Goals to Become More Relational
- Make Amends
- Chose to Be Positive in Your Communication
- Be Authentic

What Kind of Goals Can You Set?

- Set a goal of finding the good in others (rather than finding the negative)
- Set a goal of finding joy in small places
- Set a goal of doing good as a delight and not a duty
- Set a goal of not forcing patience by being more at peace with yourself, rather than “holding on” to anger.
- Set a goal of being approachable and willing to hear others problems rather than always voicing yours.
- Set a goal of being courteous even when the problem is not resolved.
- Set a goal of accepting others imperfections, just as you want them of yours.
- Set a goal of not being chronically anxious and uptight when your day becomes hectic. Life's too short.
- Choose to develop a greater reputation as an encouraging person.
- Be more friendly and less critical with family and friends
- Show enthusiasm toward others' lifestyle interests.
- Commenting on what is right will take priority over commenting on what is wrong.

- Be more genuine
- Give less attention to minor problems.
- Laugh more with friends and family
- Be more flexible and less rigid
- Be a better listener.