



CCN WEEKLY SOLUTIONS SERIES
THE WEEK OF JUNE 5, 2006



**“The Emotional and Spiritual Connection:
Putting Anger in Its Place”**

**Featuring:
Dr. John Townsend**

I. Introduction

Anger Can be Your Friend

Anger is a Window to How We are Doing Inside

Definition of Anger

- An emotion designed by God to protect love, life and good things
- A problem solving emotion

Clean Anger – Problem Based

Messy Anger – Person Based

II. Types of Anger

A. Disconnected

B. Co-Dependent

C. Perfectionist

D. Guilt

E. Childish

F. Malignant

III. Relational Issues with Anger

A. Escalation

- The more it escalates, the lower the emotional age of the participants
- Someone needs to be mature and objective
- Get back to the connection

B. Controlled by the Other Person's Anger

IV. Tips for Dealing with Anger

A. Separate Anger from Hate

B. Say: "I need my anger to connect with you"

C. Be Able to Give it and Take it

D. Don't Confuse Hurt and Anger

E. Get Feedback on Your Tone

F. Keep it Clean/Let it go

Next Week on “Solutions”

“The Emotional and Spiritual Connection: The Sum of All Fears”

Resources:

BOOKS:

Rescue Your Love Life

By Drs. Henry Cloud and John Townsend
www.integritypublishers.com

How People Grow

By Drs. Henry Cloud and John Townsend
www.zondervan.com

Hiding From Love

By Dr. John Townsend
www.zondervan.com

Sponsored In Part By:  **NewLife Ministries**

New Life Ministries is a fully-equipped resource for the treatment of mental and spiritual health issues.

www.newlife.com

Contact Information:

Dr. John Townsend

Cloud-Townsend Resources
3176 Pullman Street, Suite 105
Costa Mesa, California 92626
Phone: 800-676-4673
Web: www.cloudtownsend.com

Church Communication Network

PO Box 1718
Mt. View, CA 94042
Phone: 800-321-6781
Fax: 650-745-0660
Email: ccninfo@ccnonline.net
Web: www.ccn.tv