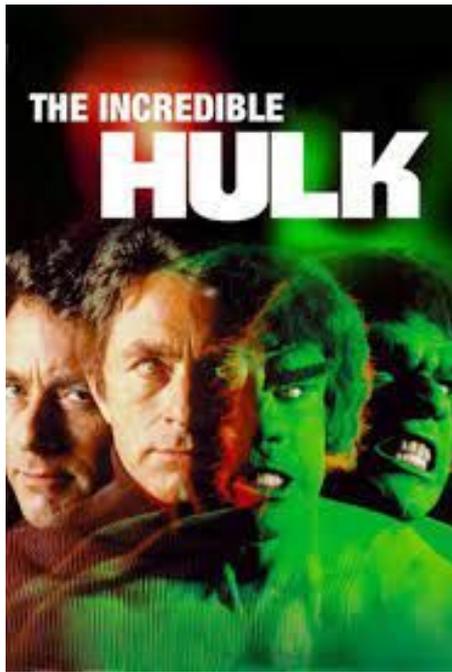


Eye Problems Part 3: **ANGER**

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180 Ministries
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“Don’t make me angry. You wouldn’t like me when I’m angry.”



Anger left unexpressed becomes resentment.

It often sounds like this:

“Women aren’t attracted to me, so I have to do this to take care of myself.”

“My wife rejects my advances, so what does she expect me to do?”

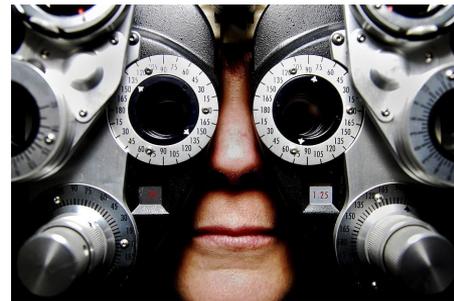
“I’m not included in the decision-making process, so I am going where they always engage me and always want my input.”



God gave us the emotion of anger as a warning light that something within us is not as it should be.

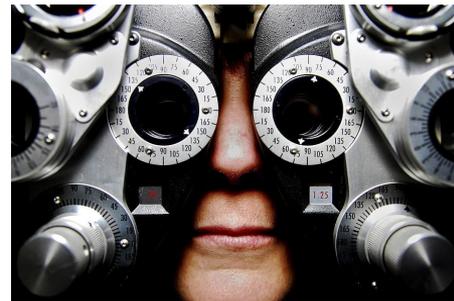
2 Tell-Tale Signs:

- 1) Blaming anything and everyone else for your porn use or for your acting out.
- 2) When we use filtering software, we see it as a challenge to find a way around it.



What makes you angry?

*If you want to figure out why you use pornography,
figure out what's gotten you so angry. ~ Stringer*



Self-Anger

**Self-Loathing
Self-Hate**



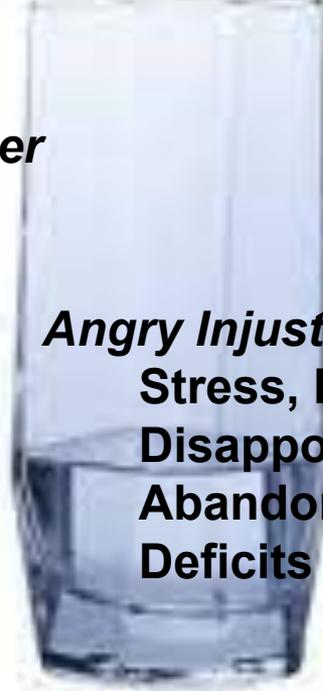
Behavioral-Anger

**Lust
Loneliness
Hurt**



Angry Injustices

**Stress, Rejection, Loss,
Disappointment,
Abandonment, Attention
Deficits**



The opportunity that anger presents is:
How do I learn to navigate my life when these things present themselves?



Men who can handle the things life throws at us with God confidence...

Men who can handle the things life throws at us by not trying to do it alone...

Men who can handle the things life throws at us by facing the anger...

Men who can handle the things life throws at us by having the courage to drop the water level and see the resentment that is there, no matter how big and scary...



“We need to allow our use of pornography (and other unwanted sexual behaviors) to challenge us about the men we choose to be in the face of adversity.” ~ Stringer



Addressing Anger in my 30-day plan?



THREAT

Star or circle the one that most often precedes temptation for you.

Rigid self-criticism

Resentment from needs going unmet

Secret struggles/double life

Shame spiraling

Feeling Disconnected

Anxiety

Avoiding Pain through escape

Control battles

Emotional numbing

MISTAKEN BELIEFS

When purposelessness is active, men often believe things like:

“If I were better, i wouldn’t struggle”

“My needs make me selfish”

“I can’t be seen as weak”

“I’m just different”

“I can’t depend on others”

“I’m not safe unless I stay in control”

“I have to be strong”

“My anger will push people away”

WEAK LINKS

Purposelessness is often reinforced by patterns like:

All or nothing thinking

Giving to gain love

Hiding relapse struggles

Isolating/Withdrawing

No stress management tools

Boredom

Victim mentality

Conflict avoidance



How do I grow in managing my anger?

- 👉 *Release perfectionism - PROGRESS not Perfectione.*
- 👉 *I stop earning love through giving and speak my needs honestly.*
- 👉 *I choose honesty over image. Stop pretending to strong and cutting God out.*
- 👉 *I share what hurts instead of turning anger inward and isolating.*
- 👉 *I stay present and connected instead of retreating into emotional distance.*
- 👉 *I can learn to trust and exercise courage rather than reacting and being impulsive.*
- 👉 *I can sit with discomfort instead of escaping into distraction.*
- 👉 *I can guard connection and allow vulnerability to be seen.*
- 👉 *I speak up and engage conflict rather than numbing out to keep peace.*



What are my Active Commitments?

Don't fix everything. Choose 1–2 actions. We're not trying to eliminate all our anger. We're trying to respond to anger differently.

Examples:

- Finish this sentence once per day: “Right now I feel _____.”
- When the urge to explode or lash out hits, wait 2 minutes before acting.
- Take 5 slow breaths when I notice anger in me.
- Write one sentence in your daily journal: “I am angry because _____.”
- Reach out to one safe person this week and talk about anger/resentment.
- Take one small step toward a conversation about your actual feelings.
- Do a morning and evening practice to reduce resentments.

Pick one or two to practice directly in your 30-day plan

*If you want to figure out why you use pornography,
figure out what's gotten you so angry. ~ Stringer*

*If you want to learn how to grow up and not allow anger to manage you and
cause you to act out, put dealing with your anger on your 30 day plan! ~ 180*

