**Anger and Conflict Resolution**

**Anger** is a strong feeling, often caused by displeasure with something or someone.

In all four Gospels, there is an account of Jesus getting angry at money changers in the Temple in Jerusalem.

Then Jesus entered the temple and drove out all who were selling and buying in the temple, and he overturned the tables of the money-changers and the seats of those who sold doves. He said to them, 'It is written, "My house shall be called a house of prayer"; but you are making it a den of robbers.'

Matthew 21:12-13

|  |  |
| --- | --- |
|  | Jesus was angry at the money changers and others for doing business in a place of worship.  Jesus reacted by overturning their tables and sending them out of the temple. He did not hit or  fight with any of them. |

|  |
| --- |
| People have different ways of dealing with their anger. When you get angry do you:   * Block it out and refuse to recognize it? * Walk away, change the subject, or avoid the person causing the problem? * Blame others for causing the anger? * Bully, intimidate, or ridicule others? * Become physically violent? * Recognize you are angry and try to solve the conflict? |

As Christians, we need to remember what Jesus said:

In everything do to others as you would have them do to you.

Matthew 7:12

Sometimes, anger is a problem. If it happens often, or lasts a long time, and interferes with school, friends, or family, you might need to take steps to recognize it and control it.

**Anger Signals may include:**

* Yelling
* Swearing
* Sweaty palms
* Gritting teeth
* Upset stomach
* Flushed face
* Heart palpitations
* Tense muscles

**What should you do if anger is a problem?**

##### **Steps:**

1. Recognize anger is a problem.
2. Identify various strategies to help.
3. Do something to help diffuse anger.

##### **Some strategies to help out:**

* Speak to a counsellor or Kids' Help Phone.
* Pray, meditate, or relax.
* Use humour - it's hard to be angry, when you are laughing!
* Think of the other - do as Jesus wants us to.
* Manage your thoughts and look for alternatives.

**According to the Peel Public Health, here are some steps in resolving conflict**:

1. Come up with a plan
   * Agree on the problem to be solved
   * Choose the time and place
   * Agree not to interrupt
2. Listen to understand
   * Respect the values of others
   * Ask questions to clarify
   * Paraphrase - confirm you have understood
3. Use "I" messages
   * Describe the situation and how it affects you
   * Say how this makes you feel
   * Paraphrase - confirm you have understood
   * Say what you need to see happen

Not every conflict requires every step of the above process. But even in simple situations, planning ahead can help you to clarify points in your own mind, and choose words that will say what you mean.