

Ep_23_Anger

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anger management, emotional expression, trauma response, grief process, secondary emotions, righteous anger, boundary setting, community support, self-awareness, emotional regulation, assertiveness, rage vs. anger, emotional release, healing journey, anger purpose

SPEAKERS

Lyschel, Pam B., Bonny

L Lyschel 00:02

Hi. I'm Pam Blizzard from recovered peace, and I'm Michelle Burkett with hope redefined,

B Bonny 00:07

and I'm Bonnie burns of strong wives. We're so glad you're joining us. Welcome to another episode of hope for wives. Today, we are discussing how to handle anger in a responsible way. Anger is a part of our makeup as human beings, and God put it there. God Himself displays anger throughout the Bible. Anger is a part of a threat response. When we face a traumatic experience, we we either fight, flee or freeze, and that fight part is anger. Anger is also a part of the grief process. We're angry at the injustice of our losses. The Christian community has a complicated relationship with anger, because let's face it, anger is hard to navigate in a godly way. So ladies, what comes up for you when thinking about your own story and how anger played a part.

P Pam B. 01:05

The first thing that comes up for me is the old programming of anger is not allowed. Don't be so angry. What do you have anger issues? I can't deal with your anger, and that's from childhood and in my marriage.

B Bonny 01:18

Did you exhibit anger? A lot? I did.

P Pam B. 01:24

Had a lot to be angry about, and I know that I can recall several instances where it was displayed in an unhealthy way, and I have regret for that. And I wish you know shoulda, woulda, coulda. What I know now, I wish I had said to myself, it is perfectly healthy and normal and appropriate that you are feeling the emotions of anger. And I think because I had that programming that it was wrong to feel it, it didn't have a healthy outlet, and so it, you know, it had to come out somehow, and it came out not in good ways. Yeah,

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Lyschel 02:08

I definitely wrestled with my own seasons of anger and pain. I mean, I think that's the part that when you talked about the complicated relationship Bonnie with anger. I really do believe that it leans right back into for a lot of churches, the inability to do messy life. What we've what we know to be true, is that anger is that for many, is a secondary emotion. There is something underneath the anger there that is creating the anger. In my particular situation, what was creating anger was injustice, grief, confusion. Brene Brown has a quote, a saying that she has, that I had looked up, and it says, when we are in pain and fear, anger and hate are our go to emotions. And so I'm thinking that was exactly where I have been throughout my journey in betrayal was pain and fear. I think part of it was also that in my childhood, those who got really angry got seen. And part of my pain was that I felt unseen in this betrayal. And so there were seasons where I just really held on to the anger. I think subconsciously I Please understand. I did not, I was not. This was and all the things, but I think that there was a need for me to stay angry. I've had so many wives say, but if I'm not angry, then maybe that I'm afraid he'll he'll forget about it, or he'll forget about the pain, or he'll just want to go back to normal. And so this is the only way that she knows to be seen. And the unfortunate part about it for all of us is that anger, long term anger, eventually will morph into bitterness. And we are like, how did we get here? How did I get here? How did I get so stuck in the pain of these emotions that now I'm bitter, I'm with Pam. I have done so many dumb things in my anger. I've certainly sinned against others. Physical violence wasn't necessarily my go to but it's not above me like I have definitely thrown things in my rage, but a lot of my anger was expressed through sarcasm and passive aggressive conflict. That's how I would really express anger. Been

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Pam B. 04:25

there, done that. Yeah, that. That was my go to to the the day to day stuff came out in sarcasm and contempt. And I thought I was being funny and making light of it, but no, I was keeping that flame of anger and resentment and bitterness going through my sarcasm wasn't helping anybody.

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Bonny 04:48

My experience has been a bit different. My family of origin. Anger wasn't allowed and it was not exhibited either, so I did not see it if I exhibited. Anger, I was rejected. I would be ignored. So in my family of origin, anger didn't get the attention. So I didn't know how to navigate anger. My anger didn't show up until the last D Day. First D day I went into responsibility, so I was going to fix it. Second D Day showed a little bit of anger, but I started working on myself, because I was detaching from him after the second D Day, which helped me figure out who I was and to have confidence in what I believed in. So that third D day there was anger. There was a lot of

anger. It was from the injustice. Michelle was talking about secondary emotions. It was from injustice. But also, I'm not saying I'm Jesus, okay, but I felt like I was Jesus flipping a few tables because I was confident in my beliefs, and this was going against my beliefs. Have I always acted responsibly with my anger? No, no, it would be my anger finally was able to emerge because I gave myself permission. Anger is okay. If I am rejected because of my anger, I will be okay. And the second reason was because I was just so solid in my identity in Christ. So

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Pam B. 06:22

I'm hearing two clear, two clear delineations that we can make. Is feeling anger and expressing anger in a safe way is very, very different than what I used to think of as anger is just the outward expression of violence and aggression or aggressive words derogatory, just behavior that nobody wants to see or experience very different. To sit with your anger and say, you know, I have every right to be angry right now. And that's one of the skills I learned, was to sit very quietly, take a deep breath and go, I'm very angry right now, and that is so much more powerful, and got so much more attention because I Lesh. I was the same way. I felt like nobody would hear me, nobody would pay attention unless I got loud. But to be able to sit there and just say, You know what that makes me feel very angry right now is very, very powerful and self validating.

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Bonny 07:31

That is excellent, Pam, because it leads into our next question, which is, what purpose does anger serve a betrayed wife. All

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Pam B. 07:42

emotions are gifts from God. God made us to have emotions because they are important messengers. It's interesting that the word motion is in the word emotion. We are moved to take action. If we go back to the example of Jesus, when he was flipping tables and he was angry, he had righteous anger because something sacred to him had been demeaned, devalued, defiled. And so for me, I look at that and I say my anger is righteous because my heart has been demeaned a relationship that I value and I hold sacred, a connection and the agreement the covenant has been demeaned, defiled, devalued and is threatened. So my anger moves me to protect. If I have anger, it means for me, personally, for me, it means I have to protect something. I have to institute a boundary, remove something from a dangerous situation, get to safety. The

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Lyschel 08:52

question you asked Bonnie is, what purpose does anger serve a betrayed wife? A lot of what Pam said, Yes, and amen, all that, and for many, I think that we all live in a place of deficit when it comes to naming things, when you have a limited list of emotions to choose from, that's the best one you can come up with. Like, we've talked about self awareness and that being a part of self care and other podcasts and being like, hey, learning your emotions or learning emotional words is part of the self awareness which helps you move through the

process of anger, grief or anything else. So I do therapeutic disclosures. That's the primary place that I support and coach women. And I remember this one particular client who was a very poised and articulate woman, and we navigated her disclosure. Her husband shared his truth, and then he went to the polygraph and ended up disclosing new levels of information in the polygraph. So then he passed it technically, but came back and had to confess it. His wife that he had omitted a certain level of information. And at that moment, she got very quiet, and then she got very stern, and she said, I am so angry with you. And I remember her just leaning into that. Well, the interesting thing that unfolded in that story was the male clinician that was with me. Became very uncomfortable with her anger, and he wanted me to regulate her. But the reality was she wasn't dysregulated. She was feeling and so later, this was also in learning point for all of us, especially this male therapist. He was not a bad guy. He just was learning. And later I said it was very interesting how fast you got uncomfortable with a woman's anger, because had the situation been reversed, I don't think you would have been that concerned about her husband being angry about additional lies or betrayal. And I said, so it's really important for us to pay attention to that. But if I had slowed her down and said, What are you angry about, she would have been able to give me a lot of other words a part of anger for me, I think maybe it was you guys or somebody else. I don't know. There was a story I remember someone telling, talking about there are certain emotions that are like lights on a dashboard of a car, and so anger is one of those. It's an indicator light, and unfortunately, sometimes we have lights that we just let it go on and on and on and we're like, oh, yeah, yeah, that's always on. Now it's just part of the car. We and we hope that that's not the case for women. But it can happen. Why? Why that can happen is because we're not going under the hood and really trying to figure out what is causing the light to come on. Why? Why is anger manifesting? So I can see incredible value for a woman who lives in a relationship where she's minimized, where, like Bonnie said, like having these relationships of family of origin, where anger is not acceptable. Sometimes, the way that women will say that they're experiencing anger is they found their voice, and you're like, Okay, that's cool, right? So part of her own recovery and healing is, keep the voice, rename the anger, move it into different things. Like I need to sometimes I need to say, like, when I get really upset about the world, like we were talking about earlier, before we hit record. I have to put the word righteous anger in front of it, because I need to give it a place, a name, that kind of thing, or like disappointment. I see the reason for her needing to have anger is oftentimes she's not noticed, or she's lived in a relationship where things are very minimized, put under the rug, those types of things. And so it's really, I hear it a lot, like what Bonnie was saying. It wasn't until the third D Day, because the first two it was like, Well, I don't need to choose that emotion. He said he's going to do it. And they have a lot of hope in that. And then it's like, the second or third time, they're like, Okay, now we're we're moving into deeper, harder emotions there. We're just not sure what it's going to take for somebody to decide to make a different choice, right? And so Anger is an emotion that will pull out being like, Is this enough? Now I'm angry. I'm angry at you, I'm angry at her, her them, whatever the situation or story looks like so everything,

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Bonny 13:22

yes and amen, like lacheala said to both Pam and Michelle, the purpose I see anger is that motion is a forward movement, because anger itself releases adrenaline and cortisol in our bodies, which are creates energy for movement. What I'm seeing in a pattern of my clients is that until she can find enough motion and energy to put big boundaries into place, oftentimes recovery doesn't happen. So the anger is the impetus for the boundaries, which Pam was talking about, protecting yourself. That's what anger does. But then that protection says I'm not going to be in a relationship with a man in an active addiction. So anger serves a woman by

helping her move into those boundary building places after the anger dissipates, you can you can worry. You can be concerned that, if my anger isn't around, is he going to stay in recovery? That's when your anger needs to move from aggressiveness to assertiveness. And assertiveness is a confidence not necessarily fueled by anger.

L Lyschel 14:43

I was just going to say you were talking about clients, and you know, I typically do well. I used to do all of our intake calls anytime a woman was inquiring about support, and the ones who say I'm not angry. Or I've never been angry, are usually the ones that have flags for me. So I think that's important for us to offer our listeners, like, if you're not you're like, I'm not angry. I'm not connecting with this emotion. There's a possibility that she's still functioning out of a place of denial, or even in her own right, trying to minimize the impact of this. Oftentimes, you'll see this stunt in anger because she's never actually been able, or has chosen not to list the losses, understand the impact. She's minimized it even for herself. And I'm not going to shame a single woman for whatever stage she's in. But it's helpful to know why. Why am I not feeling angry? The question would be, am I actually feeling this? Am I even considering the emotional impact that this has for me? And it's not that I'm like, Hey everybody, let's get angry together, but it's important. Because, like, you guys have all said, like, what? Like, what Bonnie said was moving it from anger to assertiveness. It is probably I would say, Go, sit. Be so bold to say it is a necessary, it is a necessary emotion for betrayed women to walk through much like grief, because it starts to influence all the ways that she starts to move through recovery and also has expectations in the relationship that are of health and not unhealth.

B Bonny 16:19

Yes, and I had one client who knew, who knew she needed to be angry and didn't know how to get there. She's finally worked through that. I thought that was an incredible self awareness on her part. Where is my anger? What? What's going on? Like

P Pam B. 16:36

I said, I had this history of trying to keep a lid on it because it wasn't acceptable, or for whatever reason, you know, just culturally, it's not appropriate to express anger, that myth that you become afraid of your own anger. I was afraid to feel the anger because I was afraid of how it might come out of of what I might do. So I did my best to keep a lid on it, and we all know that that's not healthy, because it's going to come out, it's going to have it say our emotions are going to have their say, they're going to be heard one way or another, giving us, I'm so glad we're having this discussion of giving women permission to feel and express in a safe way that anger giving it and Michelle referred to giving it more language, I think that's so helpful, because there's all different kinds of anger. There's frustration, there's rage, there's animosity, feeling aggravated or upset, that's where a feelings wheel or feelings list can be really helpful, the more we identify specifically. Because, you know, there's different kinds of anger. I could be angry with myself that could be turned inward. I could be angry with the world at large. I could be angry with the people close to me. I could just be angry at the situation, so being able to give more language to it, and having it come out that way really helped me not have the need for it to come out in very unhealthy ways, physically or with yelling and screaming.

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Bonny 18:18

So what's the difference between rage and anger.

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Pam B. 18:22

So I'm gonna I'm gonna go to facing heartbreak, which is a great workbook for partners of sexually addicted men. It's a great place to start. Stephanie Carnes talks about distinguishing anger from other emotions. If I can just quote her, she has some bullet points here. She says anger is an emotional state that can range in intensity from mild irritation to extreme rage. Aggression is a behavior. Hostility is a set of attitudes and judgments that might motivate aggressive behaviors. Rage is the strongest form of anger, very physical, very threatening, including possible lack of control. Fear and shame are often the roots of rage. She says, resentment is a process in which anger is stored. Hatred is the end product of unresolved resentment frozen anger that results in an intense and unchanging dislike of another person. So I found that to be a real helpful starting place.

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Lyschel 19:26

It's I love that you were able to pull out Stephanie's list of definitions, because, again, it always makes me think I've mentioned this before. I love Brene Brown's book, Atlas of the heart, because it's some it's like that. I love the power that language gives us right and being able to articulate ourselves, connect with others, so on and so forth. But as you were reading that, it connected me back to Ephesians 4:29, through 31 which is, Let no corrupt, corrupting talk come out of your mouths, but only such as is good for building up as fits the. Occasion that it may give grace to those who hear and do not grieve the Holy Spirit of God by whom you were sealed for the day of redemption. Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. So I know it's very directional, but I love that we're giving them deeper definitions, and it offers a sense of, oh, okay, I can be in pain and angry and not choose malice. I can be in pain and angry and not choose revenge or slander, right? And we say this often in our community, anger, in and of itself is not a sin. It's what we do with it that can be sinful. So the whole thing, as I was reading through this particular book, she was connecting back to the word wrath, right? And I think that for us in our today, language wrath would be, I mean, I know wrath, but I think I would even correlate that to bitterness. The Wrath has a judgment attached to it, and someone's going to pay. The other powerful thing that was in this particular book I'm reading talks about anger is a directional emotion. It is aimed at someone or something. I think rage does not have to have a person that it's coming after. It is. I mean, at least in my own experience, I shouldn't speak for everybody, but in my own experience, it has nothing to do with anybody in the space. You're just going to receive it right. And it's an out of control experience for me when I'm in rage, and

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Pam B. 21:33

it makes sense that we would feel this way. It makes total sense. It's valid. It's a the feelings and emotions are appropriate to the situation, absolutely.

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Bonny 21:44

And you know, this episode isn't to shame anyone for their anger. It's to help peace apart. What anger does that is good and what anger can do that is bad. I mean, let's just put a value judgment on it. What anger? Anger is harmful, but even to ourselves, because if we're sitting in bitterness and we're sitting in revenge and we're sitting in these hard emotions, we're not healing. So that's why this episode is here for you to help, help your healing. So let's go on to our next question, when is the line crossed, and anger becomes a sin. Because in Ephesians 4:29 going to the Ephesians chapter that Lachelle just read from 4:29 says, In your anger, do not sin.

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Pam B. 22:33

I think if we're mindful important point, because sometimes our anger can have a seeing red. It's activating that part of the brain, the trauma brain, the amygdala, where we're not connecting with the prefrontal cortex and we're not using good logic. But if we were in that space to stop and breathe, we know whether we're about to do harm or damage to someone else with our words and with our behaviors, and sometimes that anger does reside in our body, and this is why, Lachelle, I love your retreat. The part of your retreat, it's like, should I have a spoiler warning where we we take some china plates and a hammer. That's all I'll say, was so validating and so releasing. Sometimes we have to do something to release that tension and anxiety. Bonnie, you talked about anger will release cortisol right in our body. We have to physically do something to release it from our body, but we can choose. We can choose to do something that is safe. We can take and throw rocks into a pond. We can go bowling and throw a bowling ball at 10 pins. There's a lot of different things that we can do to release that anger from our body. I used to sing. I'd put on some angry chick music and sing at the top of my lungs, and that really helped me release a lot of anger out of my body. I was so angry, but its power over me had been reduced, and some of it had been released. So that's just, you know, a few ways that we could begin to work on it.

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Bonny 24:25

There are some amazing workout tools that can release anger. Just, I'd say, go to your why, and join boot camp and see what comes up, because it's so effective because the cortisol is actually neurologically broken down by other neuro chemicals that are produced when you exercise

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Pam B. 24:53

kickbox class, punch and kick you. Uh, AX throwing.

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Bonny 25:01

Oh, yes, that would be awesome, yeah, but, but the question was, when is the line crossed and anger becomes a sin

P Pam B. 25:11
when you're harming someone else or yourself, when you're harming yourself or someone else or damaging property,

B Bonny 25:20
right? Because sin is basically at the most, most foundational level, is just rupturing a relationship. When you are in rage and there is little self control, right there, you're very capable of breaking relationship, even though you're, you know, the person with the addiction deserves anger because they've betrayed. They're still made in the image of God, and as much as they have hurt us, we have to remember their people too,

P Pam B. 25:55
and it's okay to attack behavior. It's okay to say when you did this thing, that behavior hurt me, damaged me, wounded me. You know it's okay for me to say to my husband, your behavior was very dangerous, but it's not okay for me to say you're a big dumb jerk or you're so stupid, right? It's not okay for me to attack his personhood.

B Bonny 26:18
I think there may be some F bombs would be

P Pam B. 26:22
keeping it or keeping it clean, trying to G rated. Had

B Bonny 26:27
many clients who said, I've never used the F word in my life until that moment. That's

P Pam B. 26:34
a very angry word, so it would seem appropriate.

L Lyschel 26:40
So I want to try and answer this question, the question of, when is the line crossed and anger becomes sin. I love the definitions you guys have offered in clarity, but I went back to that scripture that I just read, because I think about how I oftentimes have been angry with someone or situation, but I'm never going to stand off with that person, right? So I'm never

going to necessarily sin against them. But I know that for me, it's about sending within myself, towards myself, towards the Holy Spirit. And so it was like so I was just reading this instruction in Ephesians, 4:29, 31 it says, Do not grieve the Holy Spirit of God by whom you were sealed for the day of redemption. I am going out on a limb here, and I'm saying, when I can get to a more stable place and look back over my choices and my actions, and if I could truly sense that it had grieved the Holy Spirit, then I know that that's a place for me to ask for forgiveness. Already know that I'm washed white as snow because of the blood of Jesus, and get to move forward, right? That's the beautiful part about repentance and forgiveness, but an unconditional love. So that's the best answer I feel like I can offer in that I don't that's the place I have to keep leaning everything back against because I think anger, much like boundaries, trust, love, can be very objective. I have had people say to me that I angry with them when I did not feel angry at them, but the way that maybe they interpreted my tone or body language or this or that, right same thing as vice versa, I've had the interpretation that someone's angry with me when that wasn't really the emotion that they're having. So that's why I'm bringing in the Scripture, because it's the foundational truth that I have to go back to, is I could be sitting in conflict, and my husband can be saying to me, Well, you're angry at me, and therefore you sinned against me. And I'm going hold on a second, and I gotta go back to the Word of God and kind of wrestle that out. So

B Bonny 28:51

I completely agree, because just because you're angry with a person doesn't mean you're sinning against them. I mean, it says in your anger, do not sin, which means, which implies that there is a way to be angry and be completely righteous,

P Pam B. 29:07

right? Doesn't say, Don't be angry. You can be angry,

B Bonny 29:12

right? It's the aggressiveness, it's it's where that anger takes you. Right? For me personally, and I agree with what you've said, Michelle, that anger is subjective for me. Personally, when anger crosses that line, is when I start disrespecting the other person. And I do feel it. I have felt it when I have crossed that line, because it is grieving the Holy Spirit within me. It is that little ping. I call it a ping when my My heart says, You better check yourself. But we have to be aware of that check, right? Michelle,

L Lyschel 29:53

I want the the I want one of the key takeaways for our listeners to be that community is. So vital when navigating this particular chapter of recovery, and specifically community that is understanding of your experience this. You know, we push this a lot, but I can't, I cannot express enough the value of having a betrayal informed community, right? Because a part of it is, is that you're going to be able to hear people validate your experience. And guess what happens when you feel validated? You feel seen. I feel seen so now I don't feel like I have to

show up in anger all the time, because at least these people see me. Now I may still feel agitated or frustrated in the fact that my husband still doesn't get it, but at the very least, I the anger that I'm using to try and be seen is starting to dissipate simply because of being in community. But the other piece to it is, is that even when new occurrences happen, and now all of a sudden, you've got this safe community to come in and talk about your pain. Oftentimes, I don't see women sit in anger very long. They may, they'll, they'll still feel it, they'll still express anger. But again, they're feeling seen. And so the anger doesn't hold on as long as it had in the past. I mean, I've had women who've said, I've been angry for 20 years, 20 years, right? And then they come in and they're in a group for 10 weeks, and they're like, I cannot believe that I am laughing like I don't remember the last time I felt my face shaped like this. It's a tangible shift for them, right? And a huge part of that just has to do with having others in the in the arena with them, and saying, Yes, I get that. I totally feel that. So I just, you know, again, I'm always going to keep pushing that, because I just believe in community. I believe in the value that God has created in that. And want to encourage our listeners to consider that if they're still trying to figure out the other side of that coin was the women we talked about that have never said, I've never experienced anger. Some of that comes from them not understanding impact, and I see them oftentimes very apprehensive, like, I don't want to go to group and be triggered by everybody's stories, or I don't want to be mad, right? And I understand what she's saying, like she doesn't necessarily want to step into mess. She just wants a formula to please get me to the other side. But the truth is, is that when she gets in the community and she has the opportunity to hear a woman express anger, she's starting to gain permission herself, and it's starting to shift the way that she might consider her own her own journey, her own healing. And the beautiful thing is, is that she may not sit in anger very long at all, unlike the 20 years woman, she may go through that very quickly, and when I mean quickly, I'm not talking about 15 minutes, I'm talking like a day, three days, maybe two months, I don't know, but she's definitely not going to feel as stuck. But I love that community offers that permission, the validation, being seen, being heard, and having that camaraderie with each other,

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Bonny 33:06

which leads wonderfully into our next question, what hope can we leave our listeners around anger and how to navigate it responsibly?

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Pam B. 33:16

I would say you can make friends with your anger. Your anger is not the enemy. It's an important messenger. Make friends with it. Figure out what it has to tell you, if you're like me and you had bad bouts with anger in the past, the way it came out, give yourself some grace, please, because of this situation is so unusual and it's so wounding and it's so debilitating that we don't show up as our best selves. But now that we're having this discussion and you're listening to this, you can make some new choices going forward for how you want to deal with your anger. Talk about it with other people. Read about it,

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Lyschel 34:02

make friends with it. Pam, I'm going to read just a short section out of our retreat manual, actually, and we talk about the phrase ride the wave. And you hear this a lot. You can hear this in therapeutic areas or even in DBT type therapies, and it says you can't stop the waves, but

you can learn to surf, and that was said by John Kabat Zinn. A surfer doesn't fight the powerful ocean wave. He moves with the wave, riding its natural tide, riding the wave, is a psychological practice of surfing your own powerful and negative emotions, which we often experience through triggers and PTSD, fighting emotions such as sadness and anger delays the acceptance of these emotions. Riding the wave is about allowing your emotions to be with you without acting ineffectively like a tidal wave coming and going. You will get back to a place of calm rather than emotional turmoil. All you may be flooded and inundated with feelings and harmful urges. There may be a feeling of hopelessness as the emotions are too overwhelming to deal with. This is when riding the wave comes in handy. Urge surfing or riding the wave, involves observing and coping with the experience without trying to change it. The more frequent tendency is to escape and or attempt to fix an uncomfortable state of being so riding the wave, sitting with the discomfort may seem unnatural. A surfer goes with the flow and rides a wave to its natural conclusion. Often intense feelings and urges seem like they will never end, leading us to an amplify the experience and act on impulse, but we want to ride the urges until they ebb and wash out. Riding the wave allows one to sit with his or her discomfort, sorrow and pain, instead of fighting the feelings by acting impulsively and engaging in harmful and destructive behavior. Although it can seem counterintuitive, accepting painful emotions allows for freedom from suffering. And so the four steps to riding the wave is, be aware of the emotion, experience it, remember this feeling is only part of you, and finally, accept and tolerate it. And then the key is to ride the wave without judgment. It will come and go. This practice always makes me think of the scripture that says, But Blessed is the one who trusts in the Lord, whose confidence is in him. They will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes. Its leaves are always green. It has no worries. And a year of drought and never fails to bear fruit. And that's Jeremiah, 17, seven through eight.

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Pam B. 36:41

Beautiful. I love that, that visual of the wave, that's

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Bonny 36:46

a great visual for how to make friends with anger and grief and grief and all that sadness, all of them, all of them, well for the woman who has been told anger isn't allowed at all, and you, you were rejected for it. I just want to remind you that in Matthew 21 Jesus was angry at what he saw was happening at his father's house. He was angry at that, and He overturned some tables. Anger is something God put into us to help protect us. God showed anger throughout the Old Testament and the New Testament, anger is godly. It's just how you express it. So I think, I think making friends with anger is the first step, and if it crosses that line, that's when you practice the pause and you say, Okay, how can I navigate this in a way that honors me, honors my marriage, honors God, and honors the image of God in my husband? It's possible. I want to give you hope to know that it is possible one to exhibit anger in an assertive, godly way, and it is also possible to see that anger help heal you, and he'll help heal your marriage through the boundaries that they can create. So anger is not a bad thing. I know that it's gotten a bad rap in the Christian community, but I want to give you permission if anger, if, if you, you land on the spectrum where I landed in, not really even experiencing it very much. I want to give you permission to have it fully loaded. Well, that's that's a wrap for today on anger,



38:49

thanks.



Bonny 38:53

Thank you for sitting in with us. We hope to be a bright spot on your recovery journey. If you'd like to leave us a question or comment, please go through the contact button on our website, which is [hope for wives.com](http://hopeforwives.com) that's F, O, R, [hope for wives.com](http://hopeforwives.com) and also help a friend to find us who might also be experiencing the impact of sexual betrayal. And you can help this friend by leaving a five star rating or a positive review on iTunes so that others can find us. So we'll be back in two weeks. Talk to you, then bye. You.