

ANGER

Many people get angry for a variety of reasons because we didn't approve, something didn't go our way, or our expectations were too high. Anger has a place in many lives, considering we are not perfect, sometimes anger is an outlet for releasing tension. People often portray a "friendly" face, even though they might be angry "inside" because a friend, sibling, or parent had an argument with another. Anger will come in many different ways, usually we understand or see when someone is angry. Here are a few questions for starters in helping your mentee deal with anger.

- What would you do if you thought your best friend stole five dollars from you?
 - What would you say to them?
 - How would you act?
 - Would you tell his parents?
 - Would you tell your parents?
 - Would you involve others in trying to get your money back?

Mentor

Take a few minutes to share with your mentee a time when you got angry. Showing your mentee your own shortcomings says a lot in allowing a trust relationship to be developed. A benefit in sharing with your mentee in your own story is revealing your own 'humanness' and allows you to provide a way in which you were able to resolve any anger issues. These three areas are suggested "discussion starters", biblical foundation, cultural values and activities to help the mentee in practical terms.

Biblical foundation

- Proverbs 14:17, The quick-tempered do foolish things, and those who devise evil schemes are hated. (TNIV)
- Proverbs 15:18, The hot-tempered stir up dissension, but those who are patient calm a quarrel. (TNIV)
- Ephesians 4:26, In your anger do not sin^[a]: Do not let the sun go down while you are still angry, (TNIV)

Cultural values

Every person gets angry. Certain cultural groups such as Yup'ik, Cup'ig, Athabascan, Tlingit, Inupiaq, Siberian Yup'ik, have their own way in dealing with anger. For example, an elder from the Cup'ig people once mentioned, during your anger, go out to the tundra and “take it out, (literally shouting out the anger).” This advice seems to suggest, after shouting out the anger, you would be able to come back and you have “left” the anger out at the tundra. Wise advice, because, by “taking it out,” you have no energy to come back and argue or be angry.

Potential activities

There is no concrete way in having your mentee do an activity in practicing anger, but you can advise your mentee in reviewing the Biblical scriptures and allow the mentee to think through ways in which they would deal with the situation.

- Recognize (when they first become angry)
- Confront (how they are dealing with the actually situation)
- Discuss (how they would discuss the situation with someone)
- Debrief (looking at why they got angry in the first place)