



MONDAYS

with Mike

Anger and Danger ~ One Letter Apart

Dwight Mason, Lead Pastor at NewPointe Church, sends a Saturday leadership reflection each week that helps us reflect upon many different life experiences. This past week's message was particularly interesting, given the national and world events that are in play at this time. He shared that Anger and Danger are only one letter apart. The message here is that we can be that close to danger if we let anger prevail.

Here are some points to ponder as we open our week:

- Most people are unaware that what they listen to and consume can affect and fuel their anger.
- Anger is 95% responsible for psychological depression.
- When we are angry, we must realize that we are:
 - Unable to see other perspectives.
 - Likely to exaggerate and oversimplify.
 - Less able to control impulses and tolerate frustration.
 - Likely to violate our deepest values and act against our long-term best interests.
 - Probably more self-righteous than right.
- Self-control can be at an all time low, reason decreases, and common sense is not so common.

How can we rethink anger?

Manage it through self-reflection.
Delay our reactions.
Prioritize forgiveness.

Rober Ingersoll shares that anger is a wind which blows out the lamp of the mind.

Let's prevent a "one letter mistake" this week to keep our minds bright and engaged!

Have a great week!