

8-2008

2008 August-Newsletter

Nancy Rockey

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" Speak when you are angry and you will make the best speech you will ever regret". ~Ambrose Bierce

Editor's Corner

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When my youngest was in 5th grade and attending public school, he came home from school telling me about the time just before dismissal each day. There were 50 kids in his class with two teachers. At the end of each day, the teachers would offer the mike to any student with something on their mind. Kids would take turns getting up and addressing another classmate with things like, "When you called me stupid today, I felt....", or "When you tripped me on the playground, I felt....and wanted to...." Then the student being addressed had an opportunity to respond. Conflict resolution. How many of us learned that as children? Can we clone these two teachers? Just think what it would be like if all teachers followed their example!

In "The Dance of Anger", Dr. Harriet Lerner states, "Anger is a signal and one worth listening to." While anger deserves our attention and respect, we still learn to silence our anger, to deny it entirely, or to vent it in a way that leaves us feeling helpless and powerless. Some of us learned to avoid conflict (anger included) at all costs.

In this edition of the newsletter Ron and Nancy address the subject of anger as a secondary emotion. You will also find other stories from readers of how anger has affected them and what it's been like.

Do you have a story? Would you be willing to share it with others? If so, please send it to me at audrey@yourlri.com indicating whether it's o.k. to post it in a future newsletter and on the web.

Audrey Woods

The Many Faces of Anger

By Ron and Nancy Rockey



Tommy glanced at the ice cream cone that was handed to his twin brother, Peter. "Hmmm, why did Tom get his first?" he wondered. Just a twinge of jealousy accompanied his question. By the time the thought was fading a bit, Peter was handed his pistachio cone. Instantly, Peter felt another twinge. Tom's cone looked bigger than his. "Hey", he muttered, kind of under his breath but still slightly audible, "that's not fair! His is bigger than mine."

Sound familiar? Bet you've heard children comparing and contrasting about almost everything, and all too often, big kids (adults) do the same. WHY? Because built into every human being and evidenced very early in life, is a sense of fairness. The other guy should have no more, no less than what you have, right? You should have gotten the promotion. You should be first in line, You should get the credit for the new idea, not your co-worker! Your husband should help around the house, and he doesn't. Your wife should always have those three square meals ready when you are, and she doesn't. You're tired of giving all the affection - it's his turn! And on and on it goes.

There's that sense of fairness showing up again. Well, believe it or not, most anger is fueled by the feeling of being treated unfairly. Remember the last time you were cut off in traffic and your temper flared. It wasn't fair that the other car got ahead of you. Remember the last time you saw a child having a tantrum in Wal-Mart. There he stood amongst the toys, and Mommy wouldn't buy him that Tonka truck - NOT FAIR!

And then there's that anger that just shows up out of the blue (or red). Ron occasionally has that happen at mealtime. It doesn't seem to matter if we are at home or at someone else's house or in a restaurant. It just arrives unannounced. For some time, years ago, we wondered about that. At first, the anger used to be handed to me, but in time that happened less, but it was still detectable in his attitude.

After doing some investigating about his childhood, Ron discovered that he had to scream for a long time when he was a baby to get fed. His nine year old sister would prop the bottle



"Resentment is letting someone you despise live rent free in your head" – Ann Landers

"For every minute you are angry, you lose 60 seconds of happiness" – Unknown

"People who fly into a rage always make a bad landing" – Will Rogers

against the side of his crib, and he would suck for all he was worth to get it down before it fell down.

So where did that anger at adult mealtimes come from? Very early in his life! Just a feeling, without words, a feeling that, when displayed, was destructive to himself and to others. Knowledge about his beginnings at mealtime gave him the ability to put thought to the feeling, creating an emotion. *Once a feeling has thought, it is made into an emotion.. Then it can be dealt with, whereas feelings that arise seemingly out of nowhere are harder to control and impossible to understand.*

So what did Ron do about this anger? He confessed it. He actually put it into words and shared what he was feeling and why he was feeling it, with me,

Let's take a closer look at some of anger's faces.

RAGE: a feeling of intense anger that causes one to behave violently. That's the "off the charts" display that happens in road rage. Someone gets cut off in traffic, and in his ensuing fit of rage, he jumps out of his car, approaches the one who did the dastardly deal, and shoots a bullet through the windshield, killing his offender. Do you think that it was that one act of being cut off that produced that intensity? More than likely, not. It's more likely that there had been a string of perceived injustices that culminated in his reaction when he was cut off and that resulted in murder.

ANGER: a strong emotion, a feeling that is oriented toward some real or perceived grievance.

FURY: a state of violent mental agitation.

FURIOUS: Marked by extreme and violent energy

WRATH: Intense anger, usually on an epic scale.

IRE: belligerence aroused by a real or supposed wrong (personified as one of the deadly sins)

MIFFED: aroused to impatience or anger

ANNOYED: troubled persistently especially with petty issues

PEEVED: aroused to impatience or anger

RESENTMENT: a feeling of deep and bitter anger or ill-will.

BITTER: Very difficult to accept or bear; harsh or corrosive tone

SEETHING: in constant agitation. Physically disturbed or set in motion

DISTURBED: Afflicted with or marked by anxious uneasiness, trouble or grief

DEPRESSION: A mental state characterized by a pessimistic sense of inadequacy and a despondent lack of activity. A state of anhedonia (inability to experience pleasure) so severe as to require clinical intervention. Many professionals refer to depression as anger turned inward - anger at oneself.

APATHY: The trait of lacking enthusiasm for or interest in things generally. A state of being that exists after depression and just before death.

Now there's a list for you!

As we have taught for years now, all of our emotions stem from our beginning years and are enhanced or diminished by the experiences of everyday life today. Remember, the mind works on a formula: *Stimulus yields response* (or reaction if the response is over the top). All of us work that way.

When I am criticized, it's very easy to become upset, angry, miffed, basically - hurt. So I respond defensively. What does that mean? I endeavor to explain how I see the situation, or why I did what I did whatever it is. People listening will say that I am defensive, and I guess they are right. WHY?

Childhood for me was four adults directing and controlling every move of one little girl, and along with the direction came constant criticism about everything. I was too fat, too tall, had ugly teeth, was too friendly, sucked my thumb, and on and on it goes. I couldn't respond in any way except to crawl further in my shell and suck my thumb even more. Finally, when I found that I was allowed to speak, I have tried to do so, but what I say, in response to a criticism, has a defensive tone.

Have you noticed how easy it is when criticism starts for others to jump on the bandwagon and for the criticism to escalate? Human nature - we like support. And then what comes out of our mouth is exaggerated by our history and dumps more and more negativity on others.

What's the point? Anger and resentment fuel our behaviors - whether they are to be critical, nasty, judgmental, or whatever. And then when the anger arises, we attach to it all of our own personal unresolved and painful experiences (just like what happens when I'm being criticized) that are similar to the present situation. Does that mean that I have not worked through the years of criticism I received in childhood? Not necessarily! But remember, with every period of exhaustion, there is a corresponding period of depression, which goes to our weakest point. For me, repeated criticism and putdowns are my weakest point. So it's so easy to feel personally attacked when I'm tired, ill, stressed, or overdone at all. Is my defensiveness anger? Well, do you recall what we said about anger - much of it comes

from feeling that we aren't being treated fairly, so whether we become explosive or defensive, it comes from the same source - an emotional hurt that comes out in some angry behavior.

Bottom line: *Anger is a secondary emotion from a primary emotional hurt.* We respond or react to that hurt out of the depth and history of our pain.

Eliminating "over the top" reactions requires that we visit our childhood pain, go through the process of taking the negative emotion out of the old pain and forgiving those who hurt you. Does this mean that the old feelings will never arise again - absolutely not. You haven't removed the memories. But as you look at your reactions and responses to life as it comes at you, you can examine why what you just received hurts so much, and then tell yourself: *"That was then, and this is now."*

For me, When I experience criticism, it still hurts! It might be that I think that what was said or the way it was presented was unfair, but my job is to make sure that I do not hand my whole history back in my response to the one criticizing. Why? Because it hurts me and my growth more than the one I am reacting to.

For Ron, he just has to remember that hunger and mealtimes are a stimulus for anger to arise, and recognize that what happened in childhood is not happening now. Food is in front of him, it's not going to fall or be taken away, and the one he cares about is there with him.

Take a look at what makes you feel anger - in any one of its forms. What about it relates to experiences you have had in your childhood? Work through that pain, write about it, share it with someone, and then let it go. You can do it!

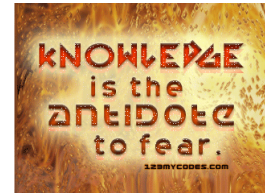
My Best Friend



By: Angel Woods

Anger has been my best friend, my constant companion since as far back as I can remember. Growing up, in my anger, I would physically abuse my siblings on a regular basis. I would also sit in the doorway of my bedroom and rage: scream and cry as hard as I could. It was my only form of relief, even though it wasn't very relieving for everyone involved. I also didn't understand what I needed relief from. I only understood that I was angry at everything and everyone. It was an anger with no mission, no focus. It was rampant, irrational, and constant.

One of the most important things that has been said to me regarding anger is, "Anger is a secondary emotion." There is a primary emotion underlying and fueling that anger. For me, the primary emotion was/is usually fear. Fear of being: violated, abandoned, rejected, betrayed, waking up one day



and realizing I really was unworthy to be loved. The list goes on I'm sure.

Once I was able to understand that I was "afraid", not "angry", I didn't need the anger so often because I could call the "fears" by name and bring them to God.

Sometimes I still get angry. I don't think all anger is bad. Anger let's you know something's not right. The difference now is that instead of lashing out at everyone and everything (real or perceived), when I get angry I can immediately address the issue or the person, and let it go.

My rage used to be my energy; my way of life. It's what kept me alive. Today it exhausts me to get angry and hold on to it. The toll it takes on my physical body is more than it's worth. The effort is so much less when I address the "core issue" and move on.

I thank God for anger, and for the relief from it.

Announcements

Chicago Area (Burr Ridge, IL) live seminar is in 1 week. Register TODAY to reserve your seat.

Early Bird Registration **Deadline is Aug. 15** for the following two live seminars.:

1. **Newman Lake, WA** – "Attachment", \$79/person. After Aug. 15 it will go up to \$89.
2. **Walla Walla, WA** – "Acceptance", \$70/person. After Aug. 15 it will go up to \$75.

There's only about 3 weeks left to register for the "Affirmation" seminar in **Ventura, CA**.

[Click here to register online today](#) or call 1-888-800-0574.

Watch for an email soon announcing the release of "**The Destination**". We are very excited to be so close to a release date. Many of you have been waiting for this segment of "The Journey" to be complete.

Are you starting groups this fall? We want to know about it. Be sure to [list your group on the web](#) under "Facilitator Area/Your Groups".

Are you looking for a group in your area? Search for groups in your area [here](#).

Living the Good Life



By: Jim Foulke

Most people looking in from the outside would have said I had a good life. I was in my late forties, reasonably successful with my own business, owned two homes and a sport fishing boat, married to my high school sweetheart, father of two--a girl and boy and close to my parents and grandparents. I was involved in my church and community and had many friends. But for as long as I could remember I had a sense of restlessness and dissatisfaction.

When I had a new deal to work on I would be temporarily satisfied. If I moved to a new location or met new people I wouldn't feel the restlessness for a while. I felt driven to always be doing something, trying to have fun, striving for the next thing, etc. I believed that if I had a different wife and family who would understand me, make me feel good about myself and not hold me back, I would feel connected and happy.

I would get into everyone else's psyche and business, "diagnose" that they had issues or identify their problem and then tell them how they should fix it. I tried controlling everyone and everything because I felt that they couldn't be trusted to do it themselves and somehow I was responsible for the people in my life. If they didn't take my advice I would get louder and angrier with my delivery. I felt drained by the burden I had taken on. I didn't realize that I feared being stuck with that burden, that everyone just wanted something from me. This made me angry at everyone, especially those that were closest to me—my family. When someone did give to me I couldn't recognize it as such and would reject them. I wanted to escape. I wanted peace.

Joyce says....

When I am angry I need to STOP and THINK

1. Am I tired?
2. Am I hungry?
3. What is MY part of this scenario?
4. What is my motive? (am I being selfish? etc)
5. Do I need to accept some responsibility or let it go? (Serenity Prayer- God grant me the serenity to accept the things I cannot change: courage to change the things I can: and the wisdom to know the difference). (also realizing that I need to "let people be in the world the way they are.")
6. Confront or walk away.
7. Talk to a professional or a "safe person" if I have trouble with the above.
8. Take care of myself. (Pray, disengage, take a hot bath, eat, rest, sleep, get some exercise and remember recovery is a process and a life time journey.)

If I blew it this time I am human and there will be more opportunities. If I handled it well then praise God for help in my new behavior.

Upcoming Live Events

Date	Place	Seminar
Aug. 16-17	Chicago, IL	The Journey
Aug. 18-20	N New England	Worker Mtg.
Sept. 5-7	Ventura, CA	Affirmation
Sept. 19-20	Newman Lake, WA	Attachment
Oct. 25-26	Walla Walla, WA	Acceptance
Nov. 8-9	Orlando, FL	Attachment
Nov. 15-16	Miami, FL	Acceptance
<u>2009</u>		
Jan. 16-18	Columbus, Ohio	Evangelism Retreat
Feb. 21-22	Santa Rosa, CA	Affirmation

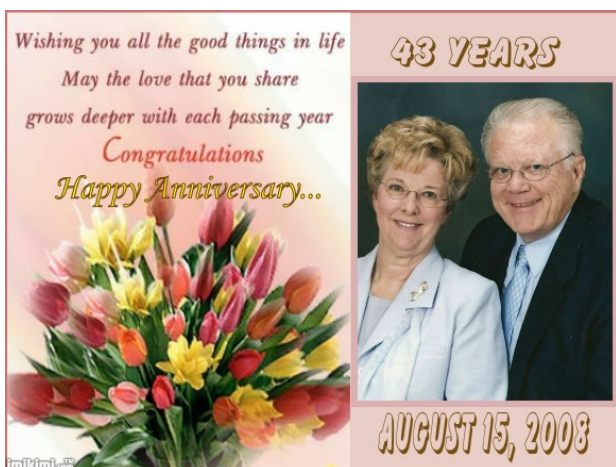
I wanted to feel love.

I believed in God, but thought He was only interested in the "big picture" and just wanted something from me too. Attending church all my life, having a Christian education and even majoring in theology in college did not give me a true understanding of what a "relationship" with Him really was or how to have it.

About four years ago I attended a seminar at my church, not because I was particularly interested in what the seminar had been advertized to be about, but because I thought I should support the pastor with what he was bring to the congregation. The couple that presented that weekend and were Ron and Nancy Rockey. They told their story and what they had learned from their study and experiences. I was introduced to information about what had set me up to feel unsatisfied and restless, unloved and overburdened. The pain and loneliness I felt and the means I used to constantly ignore or deny those feelings were identified. Eventually as I followed up that seminar, first with the Binding the Wounds small group experience and then The Journey classes, I came to understand why I sabotaged relationships and opportunities that would have made me more successful in every aspect of my life. Not just from the aspect of someone looking in from the outside, but from inside—my sense of worth that had nothing to do with what I owned; my sense of value that wasn't measured by what people could get from me.

I'm constantly coming to greater awareness and enjoying all my relationships as never before. I'm much less likely to reject an offering of love or friendship from those closest to me. I'm learning to give up control to the God that's been patiently waiting for me to trust Him. Now I know how to use the tools I've gained from the LRI materials to change my conclusions about what my worth and value really is, I don't always feel I have to be right about everything, or responsible, or angry, or driven to rely only on myself to "make things happen" or need to blame others for the dissatisfaction I experience and thereby deny that I have a problem.

I've come to recognize how God is constantly working in every little aspect of my life. How He has put opportunities in front of me that have greatly increased my finances and then convicted me to use that gain to benefit others with the ministry that the Rockeys started. I'm able to use my gifts to help others improve their relationships and thereby gain a purpose that is other-centered which also benefits me. I'm making room in my heart for God's love by learning to forgive those that set me up to be self-reliant and self-centered. I am getting better at giving and receiving love. I'm gaining a sense of peace and experiencing real happiness.



Anger is a condition in which the tongue works faster than the mind.



Harness the power of your emotions as you gain insight into why you react so strongly to the difficult people in your life. Don't let them limit your life anymore. **\$12.99 + S&H.** Order online [here](#) or call 1-888-800-0574

For many people the needed relief and comfort found in God is hidden from view by the intensity of the wounds to their souls. Watch this live seminar and begin to understand that all hope is not lost and that recovery and joyful living is within your grasp **\$199 + S&H.** Order online [here](#) or call 1-888-800-0574



Available Seminars

Attachment



Your emotions do not come to you from "out of the blue" but each has an origin, an instigating experience, that produces within you thoughts and feelings about yourself and others. Your "software" was programmed by responses to your mother while developing in her womb and early interactions with your birth parents and primary caregivers. It is from these early experiences of abandonment, abuse, neglect, security or love that you developed your personal attachment style.

Acceptance

Understanding rejection and being released from it's grip. All of us have experienced rejection in many different forms which drives today's behaviors.



Affirmation



Seeking to identify the various forms of abuse and their affect on our lives today. Abuses discussed include verbal, emotional, physical, and sexual. Tools will be provided to allow you to recover from the negative emotions connected to the abuse you have received.

Why?



This seminar gives an overview of the 4 segments of the Journey, using the Y factor. Internal assurance, peace, and love in relationships with God, family and friends will be better every day. Answers questions like, "Why do I do what I do?, Why does no one love me? Why can't I get along with others? Etc.

If you would like a live seminar in your area, please contact Audrey, audrey@yourlri.com for details and scheduling.



WHY?

The favorite question kids ask,
was our question too.

Finally we found the answers that
sent us toward the love and peace
we wanted.

Internal assurance, peace and love in relationships with
God, family and friends are better every day. We will
always be on this journey! It's about the trip—not the
destination.

Get YOUR questions answered and begin YOUR journey with
Ron & Nancy Rockey, Ph.D

August 16-17

9 am—5 pm

9 am—2:30 pm

Oaks Hotel

300 S. Frontage Rd.
Burr Ridge, IL 60527

\$79



Life Renewal Institute

Includes lunch Sat. and snack Sunday

To Register:

<http://www.yourlri.com>
1-888-8000LRI (0574)

Local Contact:

Mary Ann: 815-485-5112
Victor: 630-935-8142



AFFIRMATION

The Route to Freedom

In this seminar learn: what precipitates emotional, physical and sexual abuse, the resulting ill-effects, tools to undo the results of early childhood wounding, and symptoms of ongoing abuse. Hear about transformed lives from former abusers and victims. Find hope to move from abuse to affirmation.



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VENTURA SDA CHURCH

6300 Telephone Rd., Ventura, CA 93003

REGISTER ONLINE:
www.yourLRI.com

OR CALL:
1-888-8000LRI
1-888-800-0574

LOCAL CONTACT:
805-642-5387

Fri, Sept. 5
7 – 9 pm

Sat, Sept. 6
2 – 9 pm

Dinner included on Saturday

Sun, Sept. 7
1—5 pm

\$59



Presented by:
Drs. Ron and Nancy Rockey

ATTACHMENT

LIFE RENEWAL INSTITUTE

Feeling detached?

Wanting MORE out of your relationship?

Unable to connect?

Not feeling like you belong?

Summit Northwest Ministries

8311 N Idaho Rd.,
Newman Lake, WA 99025

Sept. 19
6:30 – 9:30 pm

Identify your style of attachment
Discover what contributed to your choice
Hear about pre-natal and early childhood influences
Acquire tools to improve your sense of belonging
Know you CAN experience a secure attachment

Sept. 20
1:15 – 9:15 pm
(Dinner included)

Register by Aug. 15

\$79

After Aug. 15

\$89

TO REGISTER:

<http://www.yourLRI.com>

<http://www.summitnorthwest.org>

1-888-8000LRI (574)



Drs. Ron and Nancy Rockey



Local Contact:

208-762-9304



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LIFE RENEWAL INSTITUTE
PRESENTS:

ACCEPTANCE



angry?

bitter?

depressed?

fearful?

sad?

full of resentment?

Walla Walla University

Fine Arts Center

290 S College Ave., College Place, WA 99324

What produces feelings of rejection?
How does rejection manifest itself?
Get tools to turn rejection into acceptance.
Replace hopelessness with **hope**.

Oct. 25

9 a.m. – 5 p.m.
(includes lunch)

Oct 26

9 a.m. – 3 p.m.

Local Contact:

Freta @ 509-301-2435

Alex @ 509-301-6149

\$75

Register by
Aug. 15 for a
\$5 discount



Drs. Ron and Nancy Rockey

TO REGISTER:

<http://www.yourLRI.com>

1-888-8000LRI

1-888-800-0574



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The Journey – Segment 2

**Note: All pictures used with permission

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Phone _____ E-mail _____

Visa/MasterCard _____ Expiration Date _____ Check attached # _____

Orders over \$100=Free Shipping - or - add \$6 for first item and \$2 for each additional item

#	Title	Amount	Taken	B/O
	Belonging	\$12.99		
	Bold Love	\$13.99		
	Boy Who Was Raised as a Dog	\$26.00		
	Breaking the Cycle of Divorce	\$19.99		
	Changes That Heal	\$12.99		
	Changes that Heal – Workbook	\$12.99		
	Chosen	\$12.99		
	En Casa – Belonging translated to Spanish	\$12.99		
	For Men Only	\$14.99		
	For Women Only	\$14.99		
	For Young Women Only	\$13.99		
	Freedom from the Grip of Fear	\$12.99		
	Gift of Forgiveness	\$12.99		
	Healing the Scars of Emotional Abuse	\$12.99		
	Heart Speaks	\$14.00		
	Hearts Code	\$14.95		
	His Needs – Her Needs	\$19.99		
	His Needs – Her Needs (audio book)	\$39.99		
	Inside Story	\$5.95		
	Invisible Bond	\$12.99		
	Lies at the Alter	\$24.95		
	Living Successfully with Screwed-Up People	\$12.99		
	Loving Your Child too Much	\$21.99		
	Magical Child	\$15.00		
	Magical Parent – Magical Child	\$17.96		
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	Parenting the Heart of Your Child	\$13.95		
	Pre-Parenting – Nurturing your Child from Conception	\$14.00		
	Sheet Music	\$12.99		
	To Be Told	\$18.99		
	To Be Told – Workbook	\$11.99		
	Unbreakable Bonds	\$16.99		
	Why You Do the Things You Do	\$13.99		
	Wounded Heart	\$14.99		
	Wounded Heart - Workbook	\$15.99		
	Subtotal of Books	\$		
	Subtotal of Workbooks and AV from Reverse	\$		
	TOTAL DUE	\$		

#	Title	Amount	Taken	B/O
	22 Week Notebook - Binding The Wounds	\$25		
	22 Week Notebook in Spanish - Binding The Wounds	\$25		
	22 Week Small Group – Binding The Wounds – DVD + 2 Notebooks	\$249		
	22 Week Small Group in Spanish - BTW – DVD + 2 Notebooks	\$249		
	Belonging – CD	\$69		
	Binding The Wounds – CD – audio seminar	\$99		
	Binding The Wounds – DVD – video seminar	\$199		
	Connecting – CD	\$89		
	Created for Success – DVD – with 2 workbooks	\$199		
	Journey to NAI – facilitator copy	\$30		
	Journey to NAI – student copy	\$10		
	Passenger Lesson Guide DVD	\$149		
	Passenger Notebook	\$49		
	Mode Lesson Guide DVD	\$149		
	Mode Notebook	\$49		
	Route Lesson Guide DVD	\$149		
	Route Notebook	\$49		
	Macaroni Pin	\$4		
	Subtotal of Workbooks and AV Enter Amount on Front	\$		

Life Renewal Institute
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