

# Dealing with Anger Guided Discussion Outline

## Health 5-Mrs. Maus

Name: \_\_\_\_\_ Hour \_\_\_\_\_

1. What is anger? A strong feeling of \_\_\_\_\_ mixed with an urge to \_\_\_\_\_ back.

- Anger is a \_\_\_\_\_ emotion
- By itself, anger is neither \_\_\_\_\_ or \_\_\_\_\_ .
- Expressing anger can be \_\_\_\_\_, but \_\_\_\_\_ is not!

2. What are 3 physical effects of anger?

1.

2.

3.

3. People feel angry when they \_\_\_\_\_ or can't get something \_\_\_\_\_ to them.

4. We can experience differing degrees of anger ranging from \_\_\_\_\_ To intense fury and \_\_\_\_\_ !

5. Getting what you really want is usually \_\_\_\_\_ if you keep your \_\_\_\_\_ under control!

6. Some examples of ways people deal with anger include . . . . .

- Mutter, yell \_\_\_\_\_
- The \_\_\_\_\_ treatment
- Keep it to \_\_\_\_\_
- Fight back, \_\_\_\_\_, kick, \_\_\_\_\_
- \_\_\_\_\_ things, \_\_\_\_\_ things

**7. People deal with anger provoking situations in various ways. Some people do**

\_\_\_\_\_ . They put up with the situation or \_\_\_\_\_ from

it. Some people \_\_\_\_\_ , \_\_\_\_\_ or \_\_\_\_\_ at whatever

has angered them. Other people show their anger in less obvious ways, such as

\_\_\_\_\_ to \_\_\_\_\_. People also try to \_\_\_\_\_ their anger.

**8. Letting anger get out of \_\_\_\_\_ can escalate \_\_\_\_\_ !**

**9. What are some techniques to help control your anger . . . . .**

- **The \_\_\_\_\_ Light Briefly describe \_\_\_\_\_**

\_\_\_\_\_

- **Counting to \_\_\_\_\_ How/Why does this work? \_\_\_\_\_**

\_\_\_\_\_

- **\_\_\_\_\_ Statements What are 2 examples? \_\_\_\_\_**

\_\_\_\_\_

- **RE- \_\_\_\_\_ What are 2 questions you can ask yourself? \_\_\_\_\_**

\_\_\_\_\_