

Name \_\_\_\_\_

## Understanding Anger: Why Do We Get Angry, and How Should We Manage It?

### Multiple Choice Questions

1. What is one common reason why people get angry?
  - a) Experiencing joy and happiness
  - b) Facing obstacles and frustration
  - c) Winning a competition
  - d) Feeling completely at ease
  
2. How can taking a few deep breaths help when you're angry?
  - a) It can escalate your anger further.
  - b) It helps you regain control and calm your body's physical response.
  - c) It makes you forget why you were angry.
  - d) It has no impact on anger.
  
3. What is the significance of using "I" statements when communicating your anger?
  - a) It is ineffective in expressing emotions.
  - b) It helps you blame others for your anger.
  - c) It allows you to calmly describe how you feel and why.
  - d) It encourages aggressive behavior.
  
4. When should you consider seeking professional help for managing anger?
  - a) Only when you experience extreme happiness
  - b) If you have never experienced anger
  - c) If anger negatively impacts your life and is difficult to manage
  - d) Whenever you experience any negative emotion
  
5. Why is recognizing and acknowledging your anger an important first step in managing it?
  - a) It isn't necessary to acknowledge anger; it will go away on its own.
  - b) Acknowledging anger intensifies the emotion.
  - c) It helps you take control of your reaction and prevents impulsive actions.
  - d) Acknowledging anger makes you more likely to lash out.

