

Name _____

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

Open-Ended Response Questions

1. Reflect on the idea that anger is a natural emotion and discuss why it's important to acknowledge and manage it effectively.
2. Share a personal experience where you successfully managed your anger using one of the strategies mentioned in the passage. Describe the situation, your emotions, and the outcome.
3. Consider the impact of uncontrolled anger on relationships. Discuss how using effective anger management strategies can improve communication and interactions with others.
4. Reflect on the role of physical activity in reducing anger. Discuss how exercise can help release tension and anger, and provide specific examples of physical activities that can be beneficial.

