

Name _____

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

Short Answer Key

1. Possible answer: "I might feel angry due to frustration if I'm stuck in traffic during rush hour, and I'm running late for an important appointment. The slow-moving traffic and the fear of missing my appointment can be incredibly frustrating."
2. Possible answer: "Taking a few deep breaths when you're angry means inhaling deeply through your nose and exhaling slowly through your mouth. It helps by calming your body's physical response to anger, such as a racing heart or tense muscles. Deep breaths can provide a moment of pause, allowing you to regain control before reacting impulsively."
3. Possible answer: "Using 'I' statements is essential when communicating anger because it allows you to express your feelings calmly and assertively without blaming or accusing others. It promotes open and respectful communication, making it easier for the other person to understand your perspective and work toward resolving the issue."
4. Possible answer: "One relaxation technique that can help reduce anger is deep muscle relaxation. This involves tensing and then slowly releasing each muscle group in your body, starting from your toes and working your way up to your head. It promotes physical relaxation and can alleviate the tension associated with anger."
5. Possible answer: "Seeking support from friends or family can be beneficial when dealing with anger because it provides an opportunity to talk about your feelings and gain perspective. They can offer emotional support, advice, and even help you see things from a different angle. It also prevents isolation and can lead to more constructive solutions to the issues causing anger."

