**Name**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Date:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Homeroom**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***Discussion Questions on Managing Anger***

**Directions:** Choose one of the following prompts, and write a response that’s two or more paragraphs long using examples from your own life or situations you have read about.

1. **Does it Explode?** Although it might sometimes feel like your anger “explodes” and comes out of nowhere, this is almost never the case. Anger builds slowly, and if you aren’t paying attention, it can happen entirely outside of your awareness. Sometimes, when you get really angry, it’s because of events that have been bothering you for some time that you haven’t resolved. Can you think of a time when your anger caught you by surprise? Looking back, were there any warning signs that you missed that you could stay alert to in the future?

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***Discussion Questions on Managing Anger* (Continued)**

1. **Secondary Emotion:** Some people describe anger as a “secondary emotion.” This means that anger is a response to a *primary* emotion, such as hurt, fear, or sadness. For example, someone might feel hurt, and lash out with anger in response. Do *you* think anger is a secondary emotion? Why or why not?

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***Discussion Questions on Managing Anger* (Continued)**

1. **Healthy or Harmful:** Everyone experiences anger – it’s a completely normal emotion, and it’s healthy within limits. But as we know, anger can become a problem when it gets out of control. When is anger healthy, and when does it become unhealthy or harmful?

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***Discussion Questions on Managing Anger* (Continued)**

1. **Expressing Anger in Healthy Ways:** People can express their anger through words, actions, art, or any number of other ways. Do you express your anger in any healthy ways, and if so, what are they? How do these ways help you express your anger? What do you think might happen if you *never* expressed your anger?

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***Discussion Questions on Managing Anger* (Continued)**

1. **Thinking vs. Feeling:** How you think about a situation can influence how you feel about it. For example, if you think that someone “has it out for you,” you will probably see all of their actions in a negative light. Can you think of a time when your thoughts affected your anger? In what ways could changing how you think help you control how you feel?

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***Discussion Questions on Managing Anger* (Continued)**

1. **Role Model:** What would it look like if someone was really good at managing their anger? Not just hiding their anger or ignoring it, but managing it in a genuinely healthy way? Do you know anyone who manages their anger well? How do you think they do it? What could we learn from them? What would you like to ask them?

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