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Anger Discussion Questions

- 1** 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. Can you think of a time when your anger caught you by surprise? In retrospect, were there any warning signs you could've picked up on?

- 2** 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?

- 3** Many of us pick up life-long habits related to anger when we're children, based off of the examples set by our parents. Do you notice any similarities between how you and your family members deal with anger? What are your family's strengths and weaknesses in dealing with anger?

- 4** 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?

- 5** 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? What do you think might happen if you never expressed your anger?

- 6** 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?

- 7** 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?

Directions: 1-10 and 11

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Name: _____

Fill in the blanks by giving the picture that matches the word you hear.

Go for a ride!

Once there was a named . Was friends with some . made a trip in a little . They had a great ate and . They stopped near a big . They lay down to and dreamed of having a big .



These These parts are pronounced just like the words eel and ear. The minimal pairs lists are perfect for anyone who needs auditory bombardment practice. Lit can also be used as an adjective, to say that something is full of light such as a room. Let is a synonym of allow. The vowel in the middle is what differentiates these words. The €ÅÅÅçÅÅÅ of

omoc aincunorp es "ratroc" ne oidem odinos IE. lamina nu ,otseupus rop ,se otag nU ,adalifa atneimarreh anu odnasu ogla ed sazeip sɿɿAm To practice is to see what you do with your mouth while saying these words. Their definitions have nothing anything Do it with each other. They could be spelled very differently, but the real sounds (called phenomas) will be quite similar. As a verb, it means closing a zipper. The "s" in the sip sounds like a snake's. Many English students will replace one word with another while speaking. You can also use a pronunciation dictionary like Forvo to hear the pronunciation of similar words and try to listen to their different sounds. A great practical idea is to study the sounds of an IPA chart (International Telematic Reporting). Tie and LieAs a verb, the tie means joining two things with a knot using a string or string. But if you correctly learn the basics of English pronunciation, English speaks in reality becomes quite easy. To notice how your mouth and tongue moves while you speak English words is a great first step. For example, "The President's speech was pure nonsense." The skin can also refer to a kind of fabric that is so thin that it can almost be seen through it. Cheer is encouraging someone making loud noises and exaggerated gestures, like a sporting event. To differentiate between the two, you need to focus on the first sound. Writer and Rider A writer is someone who writes, usually to live. A rider is someone who rides an animal or a vehicle. The "s" in sigh sounds like a snake's own. Words are similar but do not mean the same. This is a great way to improve your English listening skills. For example, the FluentU language program has authentic English videos such as music videos and movie trailers where you can listen to minimal pairs. Meanwhile, the "a" sounds just like the one in the hand. Tease and Knees To make fun of someone is making fun of someone. For example, "I ate a lot of food." 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