

ACTIVITY #2: Look at your own attitudes about anger and power. Indicate the extent of your agreement or disagreement with the statements which follow by using these symbols:

SA = Strongly Agree

SD = Strongly Disagree

A = Agree

D = Disagree

- ___ 1. I think that anger is a normal emotion which all people experience.
- ___ 2. I think that our society as a whole does not do a good job of helping people deal with their anger.
- ___ 3. I think that heart attacks and other physical problems may be the result of persons not handling their anger in constructive ways.
- ___ 4. I can remember at least one time that I was physically sick because I was so angry about something.
- ___ 5. If children are too often forced to repress their angry or hostile tendencies, they may end up unable to stand up for their own rights.
- ___ 6. I would rather give in to the wishes of another person than become involved in a heated exchange of words.
- ___ 7. Children who are angry at their parents should be given opportunity to express that anger directly to their parents.
- ___ 8. Children who are angry at their teacher(s) should be given opportunity to express that anger directly to their teacher(s).
- ___ 9. Most children have considerable power over their parents.
- ___ 10. Adults who feel powerless or insecure in their own being are the ones who are most likely to abuse their children.
- ___ 11. Some infants, from the time of birth, act in such a way that their parents are more likely to abuse them than to abuse other children in the same family.
- ___ 12. I have been angry enough to want to do serious physical harm to another person.
- ___ 13. I have been angry enough to want to hit another person.
- ___ 14. I have been angry enough to hit another person (since the time I was in elementary school).
- ___ 15. I think that most teachers are not sufficiently aware of the power which they have over the children whom they instruct.
- ___ 16. I think that society as a whole does a better job protecting the rights of parents than the rights of children.
- ___ 17. I think that physical punishment of children is wrong.
- ___ 18. I think that fraternity and sorority activities like hazings and initiations, if done with reasonable care, may provide a healthy outlet for normal aggressiveness.
- ___ 19. God did not give us enough wisdom to properly handle anger.
- ___ 20. A Christian should learn how to deal with anger in a way that avoids hurting others.