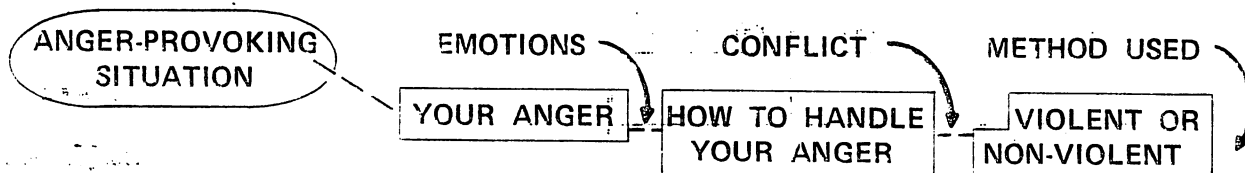


ANGER LEADS TO CONFLICT

People handle anger in different ways, based on their needs, perceptions, resources, and values. It is often difficult to make satisfactory decisions relating to a situation that makes you angry. Your emotion may seem to be out of control, and you may act or strike out in an unsatisfactory manner, rather than think of alternative ways to express your anger in a more positive manner.

I. *Directions:* Study the diagram below, and explain its meaning in the space provided.



II. List some anger-provoking situations and methods generally used by you and/or others to resolve them.

Situations	Methods Generally Used
1. _____	_____
2. _____	_____
3. _____	_____

III. A. How would you handle the following anger-provoking situations? Write your answers on the back of this sheet.

- The teacher insults you in front of your classmates.
- Someone stole your notebook.
- You are deliberately "tripped" in the hallway.
- Your father won't lend you the car for your date.
- Your school lost the deciding game of the season.
- A classmate just "put you down" in front of your girl-friend.
- Your boss accused you of "goofing off" on the job.

B. Use the back of this sheet to answer the following questions, relating to the above situations.

- What needs were not being met by the wronged or injured party?
- How would perception, resources, and values affect an individual's response to an anger-provoking situation (the manner an individual handles his or her anger)?

IV. Keep a log of some situations that provoked your anger in the last day or two, and tell how you handled each incident. Analyze each situation for motive and intent.