How does anger work?

As we go about our lives, we’re constantly weighing up situations and deciding what we think about them: good or bad, safe or unsafe etc. How we interpret a situation influences how we feel about it. If we think we are in danger, we feel afraid. If we feel we have been wronged, we feel angry. These feelings determine how we react to the situation. We translate meanings into feelings very fast. With anger, that speed sometimes means that we react in ways we later regret.

http://www.mentalhealth.org.uk/help-information/mental-health-a-z/A/anger/
http://www.helpguide.org/mental/eq8_conflict_resolution.htm
http://au.reachout.com/Tough-Times/Somethings-not-right/Angry-sad-or-depressed

Think of some reasons why people get angry?

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How do people behave when they are angry?

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What affect does this often have on the other person who the anger is directed towards?

When people are angry, in your opinion will the issue be solved?

When are issues often solved?

How do you feel after you have been really angry?

What feelings do you experience after an issue has been calmly talked about?

Referring to the link above or any techniques that you have learnt write down some ways of managing anger and what you should do.

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