

## Materials for this Lesson

### Answer These

What forms of anger do you tend to exhibit?

What attitudes do you see behind your anger?

Which responses do you tend to use?

Which is most common for you?

*Inward/Outward/Both*

Which is most typical for you?

*Aggressive/Passive/Both*

### Remember This

Human Anger can be expressed in hidden ways and in very visible ways.

We shouldn't assume that Anger is always the classic outward and aggressive style.

Anger can be expressed in behaviors including judging, gossiping, and avoiding others.

Our attitudes influence our anger. Self-righteousness, pride and insecurity are some attitudes that we need to be aware of.

Each of us is tempted to blame situations and others for our anger, deny it exists, or excuse it. Yet we must own our anger to reduce its power in our lives.