

Materials for this Lesson

Answer These

When you experience anger in your life,

1. What do you think you are usually reacting too?
2. How often do you notice the primary emotion?
3. What is a common perception you have before anger rises up?
4. What is a common primary emotion for you?
Fear? Doubt? Pain?

Remember This

Human Anger has common characteristics

It has three components

Reaction – Perception - Threat

It is a secondary emotion

Primary Emotions fall into the categories of
Fear Doubt Pain