

Managing Emotions

1. Why do some relationships that are supposed to be built on love, trust, and friendship become violent?
2. Have you ever seen violence in your home or the home of a friend?
Explain.
3. Besides hitting, what are other ways people can show violence in a relationship?
4. What happens in relationships when people call each other names?
5. Can someone or something make you angry? if yes, how?

If not, why not?

6. When you become angry, what can you do to keep your anger in control?
7. There are many ways to deal with anger. Below are several ways.
 - a. Avoid the situation where you know you will lose your temper.
 - b. Stay relaxed .take a deep breath. Keep quiet. If you speak, use low tones.
 - c. Excuse yourself. From the situation as soon as possible
 - d. Release your negative feelings by walking, running, playing basketball, talking to a friend