

ANGER MANAGEMENT



[Watch the video lesson](#) and then show what you know

1. Feelings that cause us to experience anger include

- a) fear
- b) frustration
- c) disappointment
- d) all of the above

2. A type of anger known as overwhelmed anger is caused by life demands that are too much to handle.

- a) True
- b) False

3. What is NOT a sign of anger?

- a) sweating
- b) tense muscles
- c) itching
- d) red in the face

4. What is a positive way to handle our anger?

- a) bottle it up
- b) get defensive
- c) remain calm
- d) lash out

5. Unresolved anger can negatively affect your health.

- a) True
- b) False