

ANGER DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

- 1) What springs to mind when you hear the word 'anger'?
- 2) Are you an angry person?
- 3) What are you like when you are angry?
- 4) What's the angriest you've ever been?
- 5) When you get angry, do you stay angry for a long time?
- 6) Do you like looking at other people getting angry?
- 7) What colour is anger?
- 8) What makes you angry about modern life?
- 9) Someone once said: "For every minute you are angry, you lose sixty seconds of happiness." Do you agree?
- 10) Someone once said: "Anger is one letter short of danger." Do you agree?

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STUDENT B's QUESTIONS (Do not show these to student A)

- 1) Why do we have the emotion of anger?
- 2) Is there anything positive about getting angry?
- 3) Who is the angriest person you know?
- 4) Should anger be a sin?
- 5) Why do we get angriest with the ones we love?
- 6) Who on Earth angers you most?
- 7) What happens when you bottle up your anger?
- 8) Is it easy for you to control and hide your anger?
- 9) Elizabeth Kenny said: "He who angers you conquers you." What do you think she means by this? Do you agree?
- 10) A Chinese Proverb said: "Never write a letter while you are angry." Do you think this is good advice? Have you regretted writing an angry letter?

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