

REFLECTING ON YOURSELF

Answer the following questions as truthfully as possible.

- 1. To what extent do you feel comfortable with conflict confrontation?**
- 2. How do you normally try to handle your anger? Someone else's anger?**
- 3. Are you aware of and comfortable with the various ways anger can be expressed by different cultural groups?**
- 4. Are there any parents or professionals you continue to feel anger toward although the original incident is long past? How might this impact your current relationships?**
- 5. Make a list of some possible responses you can use if confronted by an angry person.**