

Discussion Questions

Managing Anger in the Home

- 1.** In pairs, share some of the key elements of the 'angry' situation that you considered. Discuss how you felt afterwards and how you think each family member concerned may have felt afterwards. Discuss whether a 'win-win' situation was created – briefly discuss what brings you to this conclusion. Consider what you could do differently next time.
- 2.** In what ways do you handle anger – explode, suppress it, sulk, or communicate in a way that that is respectful of yourself and others?
- 3.** Consider what was modeled to you in your family of origin and how this has affected you. What do you choose now?
- 4.** Are there any 'anger hooks' that would make life less stressful if you chose to 'swim by'?
- 5.** What has been your pattern of responding to your children's anger?
- 6.** Look at your listings of different types of angry behaviour in your family. Choose which one you wish to handle first. Think through or discuss what you are going to say next time after a situation has arisen.
- 7.** What key thought or comment has particularly challenged you?