

ASSESSMENT # 1

Total Marks: 30

Answer the following questions:

Q:1: Short Questions (20)

- I. What is anger?
- II. How does self awareness play a part in managing anger?
- III. What are the five dimensions of anger?
- IV. How can anger be bad for your health? Explain using example.
- V. What are your anger pay-offs?

Q: 2: What can you do to create the positive quality, feeling or experience that does not require the angry pay-offs? (10)