

Anger Management

ASSESSMENT # 9

Total Marks: 30

Answer the following questions:

- Q: 1:** What can you do to create the positive quality, feeling or experience that does not require the angry pay-offs? (6)
- Q: 2:** Explain the steps involved in the anger process. (6)
- Q: 3:** What are assertive and passive behaviour types? Describe the major consequences these behaviours may lead to. (6)
- Q: 4:** What are demonstration cues? And how these can be used to show to the speaker that you are paying attention? (6)
- Q: 5:** Discuss some relaxation techniques that can be used to reduce stress. (6)