



Practice: Receiving the Gift of Anger

This video from our Political Talk curriculum (tcway.org/pt3unity) reflects on how anger works and some of the dangers surrounding anger. Note what strikes you as you listen for these three points.

What Anger Is and How It Works – Listen for what anger is for.

Signs Anger Is Going Right – What does it look like when anger is functioning as it should?

Signs Anger Has Gone Wrong – What does it look like when anger is doing the wrong thing?

Discussion

What do you think about this way of understanding anger? How do you feel about anger having the potential for both good and bad?
