# Anger

* What causes anger?
* Are there different types of anger?
* What are various ways people respond to anger?
* Is anger ever justified? If so, how can we determine whether it is?
* Is anger ever a good thing? If so, when? Why?
* Is anger ever a bad thing? If so, when? Why?
* Are there better and worse ways to respond to one's own anger?
* How do you decide what to do when you get angry?
* Do you think men and women show their angry differently?
* What makes you angry?
* When was the last time you got angry?
  + Tell us about it.
* What do you usually do when you get angry?
* What are the situations that make you angry?
* What are the physical effects of getting angry? (e.g blood pressure...)
* Is getting angry an effective way of dealing with problems?