

The Anger Process

Assignment 2

Total Marks: 30

Q:1. Short questions (20)

- I. What are the physical effects of anger?
- II. What are the emotional effects of anger?
- III. Explain the followings:
 - a) Hot Buttons
 - b) Triggers
- IV. Give three examples for the term 'hot buttons'.
- V. What is the relationship between trigger and memory?

Q:2. Explain the steps involved in the anger process. (10)