

How Does Anger Affect Our Thinking

Assignment 3

Total Marks: 30

Q:1. Short Questions: (18)

- I. What is distorted thinking? How can you avoid these thoughts?
- II. Mention some common forms of distorted thinking.
- III. Outline the characteristics of aggressive behaviour.

Q: 2. What are assertive and passive behaviour types? Describe the major consequences these behaviours may lead to. (12)