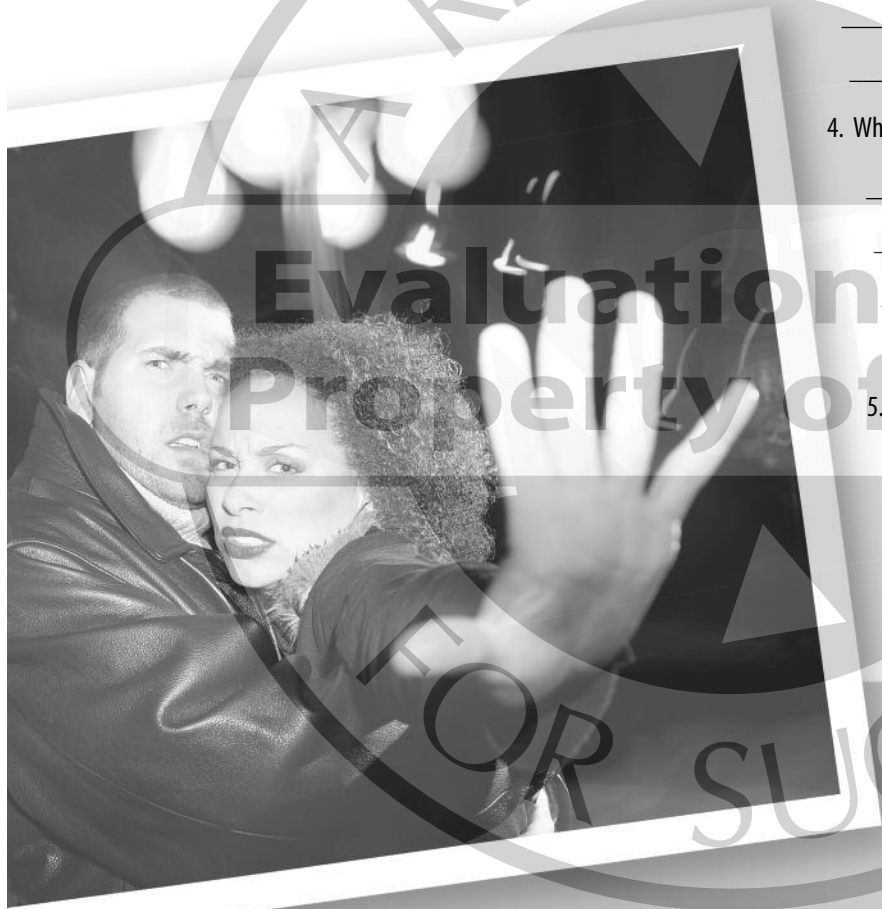


# What is Violence?

1. What is Anger? What is Rage? What is Violence? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. Give an example of each of the above:  
Anger: \_\_\_\_\_  
Rage: \_\_\_\_\_  
Violence: \_\_\_\_\_

3. How were each of these viewed in the family you grew up in? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



4. Why does anger sometimes turn to violence? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5. What are different kinds of violence? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

6. What type of violence have you been involved in? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

7. What are you aware of about your violence? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_