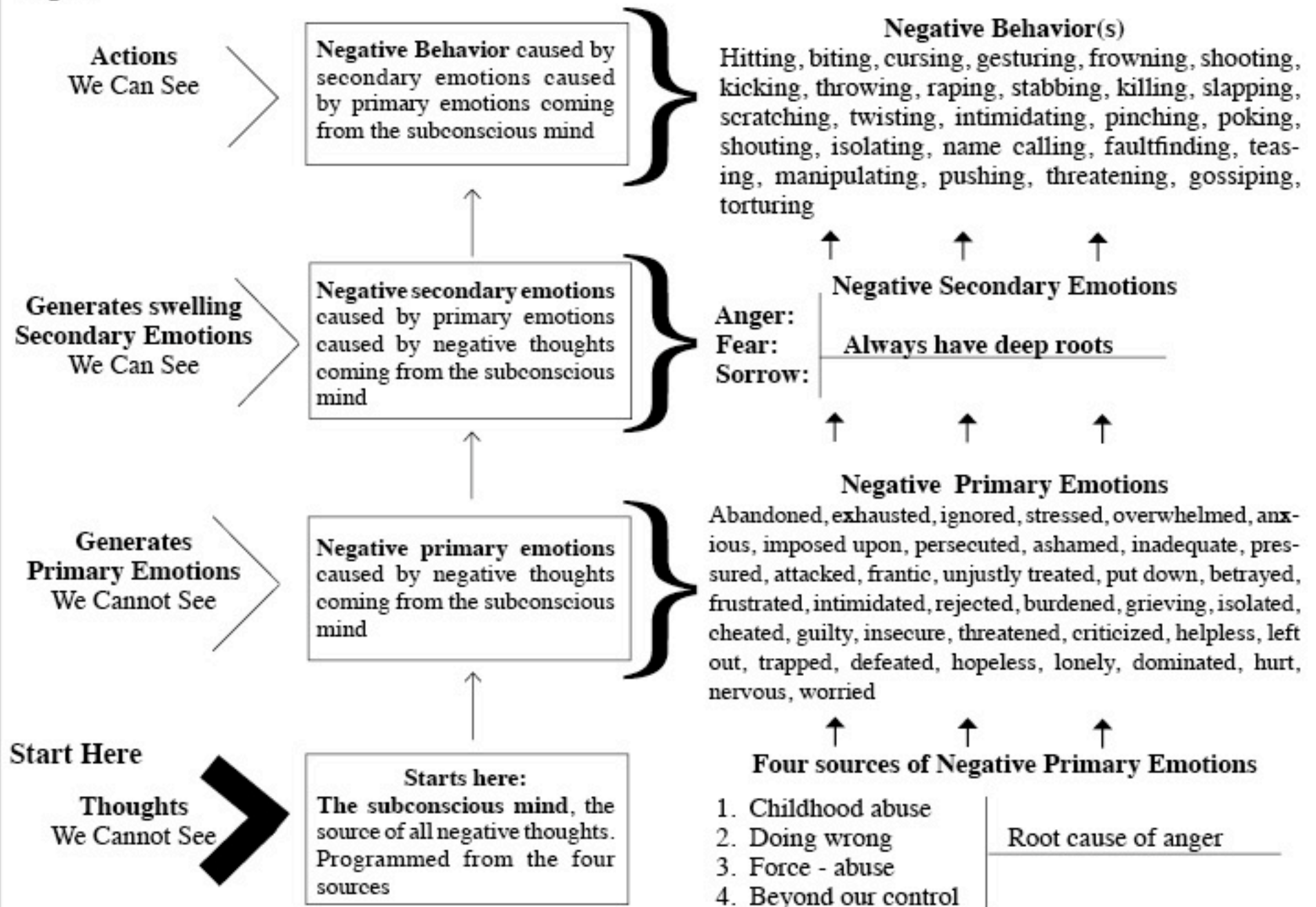


PRIMARY AND SECONDARY EMOTIONS

Anger is a secondary emotion and is the result of other emotions. These other emotions are, in turn, the results of internal conflicts stored in the subconscious mind. Starting at the bottom, what does this diagram tell us about anger?



5. Curt, Becky's brother, as we know, grew up in a very abusive, dysfunctional home. His home was filled with drugs, alcohol and violence. His dad beat and verbally abused him, his mother, and his siblings, and then abandoned them. Curt grew up extremely angry and violent.

- a) Which one of the four sources was Curt's primary source of anger? _____
- b) What kind of primary emotions could he be feeling? _____
- c) What kind of secondary emotions would this cause? _____
- d) What kind of behavior would we expect him to exhibit? _____

6. Before people can lessen their anger they would have to "fix" their source of anger. People who were trashed, abused and violated as children seem to have the greatest anger. Why?

7. If you want to have less long-term damaging anger in your life, what will you have to do?

- a) if you came from an abusive, dysfunctional home? _____
- b) if you have been doing wrong? _____
- c) if force is part of your life? _____
- d) if you have lost control of your life? _____