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?