

Name: _____ Date: _____

Anger and Aggression

1. What is the three phase cycle related to anger called A. Aggression Cycle
2. What is the first phase in the aggression cycle B. Hostility
3. What are signals that your anger level is rising called C. Escalation Phase
4. A feeling or emotion that ranges from mild irritation to intense fury and rage called D. Passive behavior
5. A behavior that is intended to cause harm to another person or damage property E. Aggressive behavior
6. A complex set of attitudes and judgements that motivate aggressive behaviors F. Aggression
7. A person who is confident, clear, and in control of themselves G. Assertive behavior
8. A person who is indirect, anxious and does not address problems with others H. Anger cues
9. A person who does not address problems directly but tries to get back at the other person he/she is upset with I. Anger
10. A person who is threatening and attacking towards others, bossy, dominating and blames others J. Passive-aggressive behavior