

Emotional Intelligence Workshop

May 4, 2019

1. Name 2 individuals in the Bible who displayed anger?

2. Anger Definition: A strong _____ or _____
_____ that varies in intensity.

3. What are the 3 levels of self-preservation?

4. Name the 3 F's of secondary emotions:

5. Give one trait of a cream puff: _____

6. Give one trait of the locomotive: _____

7. Give one trait of the steel magnolia: _____

8. Name 4 usual choices in how people manage anger:

9. Name 3 physical effects of anger:

10. Name 4 health conditions caused by anger:

11. Name 2 emotional symptoms of anger:

12. Name 4 effects anger has on decision making:

13. Identify 2 spiritual and emotional consequences of unrighteous anger:

14. Identify 4 healthy ways to manage your anger:

15. Identify this acronym:

A-
N-
G-
E-
R-

16. Name 2 tips for parents of an angry child/teen:
