

LESSON 2 - ASSIGNMENT

1. Briefly describe each of the people you were told about in your set task.
 - a. Suggest what the cause of anger might be in each case.
 - b. Suggest an appropriate counselling response for controlling anger in each case.
 - c. Write around 500 words for each case.
2. Explain assertiveness training as you would to someone you are trying to help. Do this in no less than 100 words, and no more than 150 words.

Note: it is important to be able to convey a suggested technique to someone who is trying to control anger; and to convey that quickly and clearly. Being too verbose can frustrate a person – which is not a good approach with someone who has anger issues.

3. Describe two other methods of anger management at a counsellor's disposal. Use some of your own research in your answers. Write a paragraph or two for each.
4. Briefly outline two causes of anger using a paragraph for each.