

HANDOUT 1- DEFINITIONS

WHAT IS ANGER?

Anger is a normal natural human emotion.

WHAT IS AGGRESSION?

Aggression is a behavior which is harmful to self, others and/or the environment.

WHAT IS ASSERTIVENESS?

Assertiveness is expressing your feelings, needs and wants in a manner which does not harm self, others and/or the environment.

WHAT IS A REACTION?

A reaction is a group of involuntary physical changes which may include:

Adrenalin Rush

Increased Blood Pressure

Increased Heart Rate

Increased Rate of Breathing
(short, shallow breaths)

Increased Blood Flow to the Muscles

Increased Muscle Tension

Increased Perspiration

These changes are known as the **FIGHT OR FLIGHT SYNDROME**
and happen automatically to prepare us to respond to conflict

WHAT IS A RESPONSE?

A response is an individual choice which is consciously made after initial reactions have occurred.