

Pre-Test

1. Emotions are not as important as intellectual knowledge. (T/F)
2. I am aware of strategies that help with anger. (T/F)
3. Feelings are to be controlled and suppressed. (T/F)
4. My behavior as a result to anger is an automatic response. (T/F)
5. Anger is a result of injustice or unfair treatment. (T/F)

Post-Test

1. Anger is an unmet expectation. (T/F)
2. Feelings are signals of communication. (T/F)
3. Consequences is unfair treatment in our life. (T/F)
4. What is your “golden nugget” after the psycho educational group? In other words, what was most meaningful to you?

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5. How will you choose to use the information presented?

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