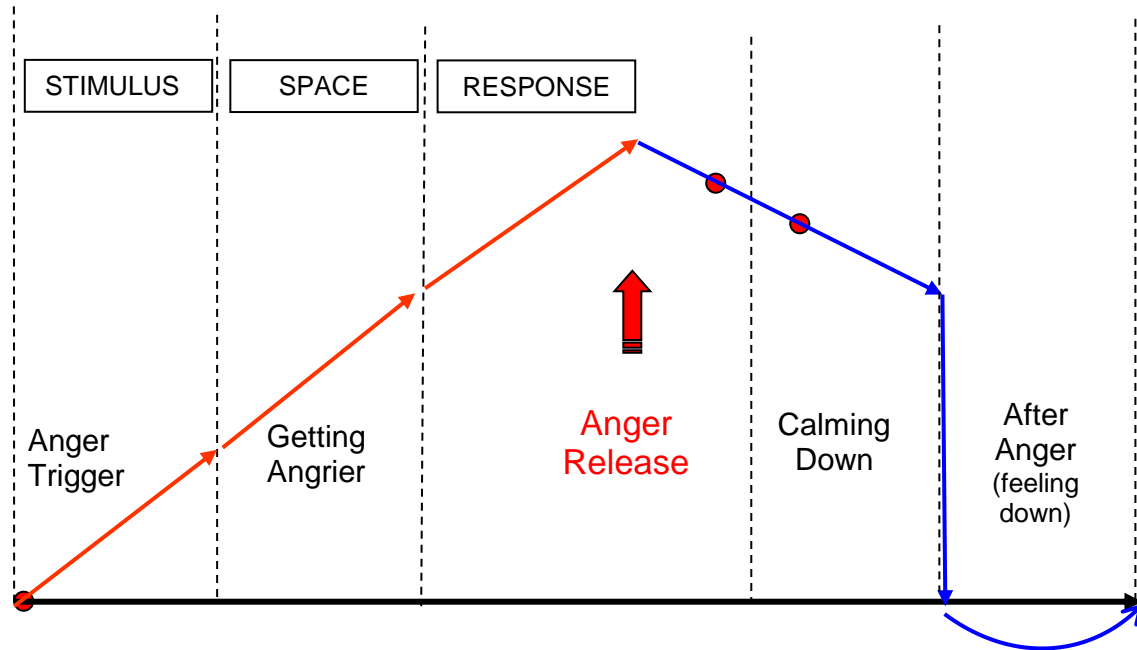


The Anger Cycle What happens when we get angry?



Anger

The sources of anger originate from our physiological (biology), cognitive (thinking) and behavioural (physical) states.

Calming down can take up to 90 minutes: take care not to retrigger the anger during this time.

Quote: Between stimulus and response, there is a space. In that space lies our freedom and power to choose our response. In our response lies our growth and freedom. It may be helpful for us to try to widen this space during our lives. Victor Frankl, *Man's Search for Meaning*

Could this be a sign of wisdom and maturity?