

Anger & Gender

Most cultures have different expectations about how men and women should express their anger. Use this worksheet to explore these differences.

What You Were Taught:

What messages did you receive about what men should get angry about? _____

What messages did you receive about what women should get angry about? _____

Who Taught You?

What did your parents tell you about how anger should be handled...

By men... _____

By women... _____

What do your friends tell you about how anger should be handled...

By men... _____

By women... _____

What do the movies and TV shows you watch tell you about how anger should be handled...

By men... _____

By women... _____

What does the music you listen to tell you about how anger should be handled...

By men... _____

By women... _____
