

DEALING WITH SADNESS, ANGER, AND FEAR

Talk together about the following:

- What is sadness and what can be the causes of it?
- What are ways to deal with sadness? What should you do if feelings of sadness won't go away or become overwhelming?
- Do the dark winter months often make you feel sad? What are ways to overcome feeling down as a result of gloomy weather?
- Do you think that having a good cry can help someone who is sad to feel better?
- Do the dark winter months often make you feel sad? What are ways to overcome feeling down as a result of gloomy weather?
- Do you think that having a good cry can help someone who is sad to feel better?
- What annoys or upsets you, and what makes you angry?
- What do you do when you feel angry? What are ways to get rid of angry feelings, to stay in control, and to avoid doing something foolish?
- "Nobody 'makes' you angry. You always have the power to choose whether or not to get angry." What is your opinion?
- To vent or not to vent – are angry feelings best released or suppressed?
- How would you deal with a person who is angry with you?
- What fears are common to us all?
- What practical ways do you know of to reduce and to break through fears?
- How can fears hold us back and hinder us from living a successful life?
- What are some phobias – irrational or exaggerated fears of something – that people have?
- What do you think of laughter as an antidote to fear?

Vocabulary

vent ['vent] v – to forcefully express or release strong feelings

persist [pə'sist] v – to continue existing

FEELINGS OF FEAR, SADNESS, AND ANGER

- FEARFUL**
- uncertain
 - unsure
 - cautious
 - concerned
 - fretful
 - distrustful
 - mistrustful
 - doubt-filled
 - disquieted
 - ill-at-ease
 - uneasy
 - nervous
 - worried
 - apprehensive
 - anxious
 - frightened
 - afraid
 - fainthearted
 - scared
 - timid
 - cowardly
 - phobic

- SAD**
- paranoid
 - alarmed
 - frantic
 - horrified
 - panicky
 - panic-stricken
 - terrified
 - unhappy
 - discontented
 - negative
 - disappointed
 - discouraged
 - down
 - downcast
 - downhearted
 - low
 - blue
 - glum
 - gloomy
 - remorseful
 - sorrowful

- ANGRY**
- despondent
 - dejected
 - disheartened
 - broken-hearted
 - heartbroken
 - grief-stricken
 - grieving
 - depressed
 - miserable
 - overwhelmed
 - crushed
 - defeated
 - devastated
 - distressed
 - despairing
 - bothered
 - displeased
 - annoyed
 - irritable
 - irritated
 - frustrated

- provoked
- aggravated
- upset
- crabby
- disgruntled
- grouchy
- grumpy
- snappy
- belligerent
- short-tempered
- bad-tempered
- exasperated
- cross
- irate
- mad
- hot-tempered
- incensed
- infuriated
- livid
- enraged
- outraged
- fuming
- furious



Social Issues

