

# Anger & Gender

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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? \_\_\_\_\_

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

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## Who Taught You?

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

By men... \_\_\_\_\_

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By women... \_\_\_\_\_

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

By men... \_\_\_\_\_

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By women... \_\_\_\_\_

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

By men... \_\_\_\_\_

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By women... \_\_\_\_\_

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

By men... \_\_\_\_\_

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By women... \_\_\_\_\_

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