

5

6.8 You will hear a psychologist called George Ellis talking about anger. For questions 1–10, complete the sentences with a word or short phrase.



ANGER

George found out that anger occurs when reality doesn't match our (1) _____.

George hadn't expected to discover that anger can hide (2) _____ and other emotions.

George says that anger is designed to secure our (3) _____ in threatening situations.

George pointed out that anger causes a person to develop a (4) _____.

George was glad to learn that anger reduces the amount of (5) _____ caused by injury.

George says that anger creates the (6) _____ which is needed to change a situation.

Angry people are often (7) _____ according to research, which George found amusing.

George believes that anger can improve people's (8) _____ by allowing their emotions to show.

George describes the method of walking away from an argumentative situation as (9) _____.

George believes that losing our (10) _____ occasionally is acceptable.