Learning Circle 3 Reflection

Having discussed Southern changes in anger over the last decades, it would be helpful to consider how these changes in anger have been experienced. Discussions this session will focus on Black Southern women's experiences of different types of anger.

What Does Your Anger Allow?

What Did Your Grandfather Teach Regarding Anger?

Was Your Anger Taught Or Modeled Differently Than Your Father's Anger?

Is Your Anger Holding Your Back In Some Way?

What Might Your Life Look Like Without Your Anger?

What Would Be The Consequences Of Letting Go Of Your Anger?

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