Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Dangerous Emotions

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Block: \_\_\_\_\_

“The strong manly ones in life are those who understand the meaning of the word patience. Patience means restraining one’s inclinations. There are seven emotions: joy, anger, anxiety, adoration, grief, fear and hate, and if a man does not give way to these he can be called patient. I am not as strong as I might be, but I have long known and practiced patience. And if my descendants wish to be as I am, they must be patient.”

Who do you think said these words? Why? (hint: you learned about him in this week’s video.)

Complete the chart below with your group. Be sure to include an example and explanation of how each emotion can be dangerous.

|  |  |  |
| --- | --- | --- |
| **Emotion** | **Synonyms** | **How can the emotion be dangerous?** |
| **Joy** |  |  |
| **Anger** |  |  |
| **Anxiety** |  |  |
| **Adoration** |  |  |
| **Grief** |  |  |
| **Fear** |  |  |
| **Hate** |  |  |