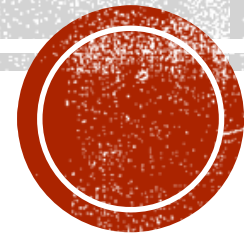


# FIRE WITHIN

Exploring the Many Faces of Anger





The Nature of  
Anger



The Many Faces  
of Anger



Cultural  
Perspectives



Indigenous  
Perspectives in  
Canada



The Psychology  
of Anger



Q & A

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# TODAY'S AGENDA



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# THE NATURE OF ANGER

"Anger is a double-edged sword, capable of both destructive fury and righteous passion, depending on how it is wielded."



# THE DUAL NATURE OF ANGER

## **Destructive**

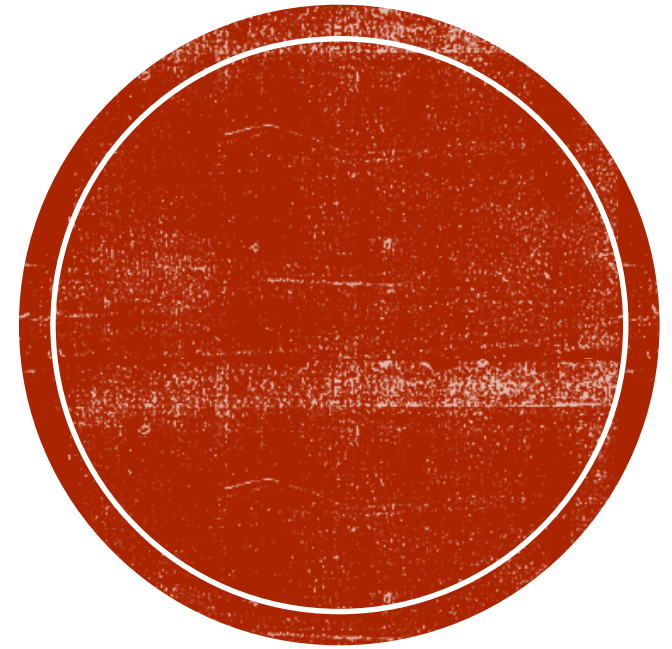
- Damages Relationships
- Impairs Judgement
- Harms Physical Health
- Creates Isolation
- Perpetuates Cycles of Violence

## **Constructive**

- Signals Injustice
- Motivates Change
- Protects Boundaries
- Encourages Self-Reflection
- Strengthens Relationships



**THE MANY  
FACES OF ANGER**



# THE MANY FACE OF ANGER

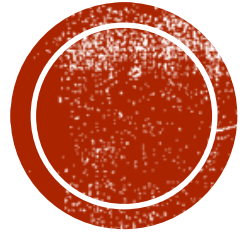
Outward  
Anger

Inward  
Anger

Passive  
Anger

Righteous  
Anger





# **CULTURAL PERSPECTIVES**



# CULTURAL PERSPECTIVES

Collectivist vs. individualist

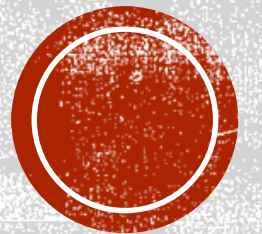
Role in social movements and justice

- Civil rights
- Environmental activism





# INDIGENOUS PERSPECTIVES IN CANADA





**Traditional  
Understanding**


**Impact of Colonization**

**Healing and  
Reconciliation**

**Community Approaches**

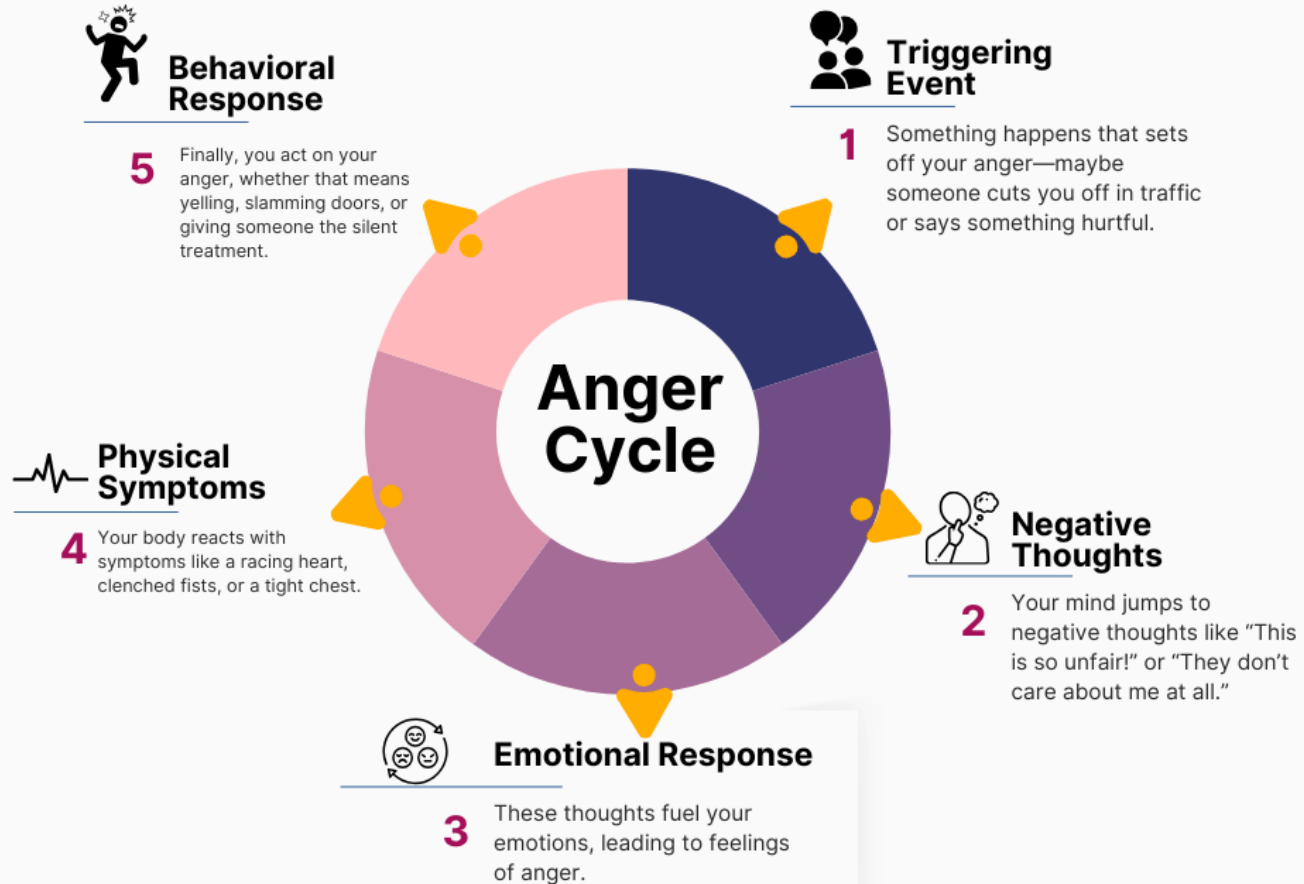


# THE PSYCHOLOGY OF ANGER



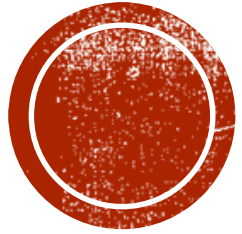
"Anger is an acid  
that can do more  
harm to the vessel  
in which it is stored  
than to anything on  
which it is poured"  
– *Mark Twain*

# THE PSYCHOLOGY OF ANGER



- The psychological roots
- Anger cycle





**Q&A**





# THANK YOU

- Anger is complex and multifaceted
- Can be both destructive and formative
- Understanding anger is key to personal and collective healing

“The fire within can burn or illuminate—it’s up to us to choose.”

