

## Lesson 73

## 1 TOPIC QUESTION

今日のトピック

## What makes you angry?

あなたを怒らせることとは？

## 2 ARTICLE

記事

Directions: Read the following article aloud.

課題: 以下の記事をはっきりとした声で音読しましょう。



## That Makes Me Angry!

Anger is a natural, healthy, human emotion that everyone experiences. Anger can range from a slight irritation or being grumpy as some people call it, to complete anger rage. It is when people let anger get the best of them that causes problems. This type of person is often labelled as having anger management issues.

Anger management is a very important skill to have. Luckily, most people have this skill but others have to attend therapy to learn it. Without anger management, some people will fly off the handle at every little thing that causes them any sort of discomfort and their reactions can be scary and sometimes very violent.

Anger management has become such a normal part of conversation that Hollywood has made comedies as well as TV shows about it. Does this extra attention mean that the number of people who can't control their rage is increasing? Or as a society we yet again are finding humor when it comes to other's weaknesses. To think it is because of the latter makes me angry.

## Lesson 73

## 3 VOCABULARY

語い

Directions: First repeat after your tutor and then read aloud by yourself.

課題: 先生の後が続いてくり返した後、今度はひとりで発音してみましょう。

**emotion** 感情

**grumpy** 不機嫌な

**therapy** 治療

**humor** ユーモア

**irritation** いらだち

**discomfort** 不愉快

**violent** 暴力的な

## 4 Questions

質問

Directions: Read the questions aloud and answer them.

課題: 質問を声に出して読んだ後、答えてみましょう。

1. **When does anger become a problem?**
2. **People who are often angry are labelled as what?**
3. **How has society reacted to anger management issues?**
4. **How do you control your anger?**