

Anger & Fear: Fear in Disguise!!

Instruction page



1 Activity Type

Theme:
Explorative
Self-awareness

Challenge Level
EASY

Resource Format:

Interactive activity
Talking tool
PDF print and cut

Participation Style:

1-1 activity

Age: 10-18+

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General Activity Info

This activity helps young people explore how anger is often rooted in fear, even when it doesn't feel that way at the time. By learning to recognise three key types of fear — fear of abandonment, fear of losing control, and fear of losing face — participants can begin to understand their emotional responses and reflect more honestly on what's going on underneath their anger.

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Materials Needed

- Print and cut out the resource. For repeated use, consider laminating the pieces. Use Blu Tack to allow participants to stick and sort the statements into each section easily.

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Step by Step Instructions

1. Introduction (5 mins)

Explain: "Anger is a normal emotion, but sometimes it's covering up something else. Often, anger comes from fear, and that fear can look like three things: Fear of abandonment (being left out or unloved), Fear of losing control (feeling powerless or helpless), Fear of losing face (feeling embarrassed, judged, or disrespected). Explore different situations/statements and think about which type of fear might really be behind the anger."

2. Set Up the Activity (5 mins)

- Print and prepare the resource, and provide example situation cards (pre-cut or on slips). Participants can either sort them physically (no writing required) or write their choices on a worksheet. You can also go through each scenario together and discuss along the way.

3. Reflect & Discuss (Optional, 5–10 mins)

Ask:

- "Were any of the situations hard to decide?"
- "Did any make you think differently about your reactions?"
- "Which type of fear do you think affects you most often?"

Anger & Fear!!

Sometimes the feeling of anger is caused by fear. There are three main types of fear; **fear of abandonment**, **fear of losing control** & **fear of losing face**. Explore the statements and place them in the sections you believe are most suitable. Remember to be honest with yourself!

Fear of abandonment	Fear of losing control	Fear of losing face

You fail a test

Your parents restrict you from
going out with your friends.

Your YOT worker breached
you.

Your parents get
divorced.

You get sent to jail.

You lose a game.

Your boyfriend/girlfriend cheats
on you.

Someone asks you what
area you're from.

Someone on the bus looks at
you 'side eye'.

You have no friends.

You decide, you don't want to
be in a gang anymore.

You can't pay your bills.

Someone dares you to do
something illegal.

You're stopped and searched in
public.

You can't get the trainers
everyone is wearing.

Your teacher raises their
voice at you.

You get robbed.

You're excluded from a group
chat.

You're told what to do in front
of others.

Someone comments
negatively on your
appearance.