



GROUP DISCUSSION QUESTIONS

Mad | If You Ask Them

84% of Americans believe the current generation is more angry than the generation prior. After all, there seems to be more to be angry about than ever. How do we navigate a world where we're a little less irritated all the time. And why should we?

1. What's something that makes you super-mad, super-fast? Share a story about the last time you experienced that.
2. Paul said that love is not irritable. One of the ways irritation plays out for us is that we see people as obstacles to get by, whereas love sees them as a name to get behind. Why do you think we struggle so much with this?
3. Are you typically slow to speak and quick to listen? Why is it often so difficult for us to listen to others? What do you think we're trying to do with talking so much?
4. Do you think irritation and control are related? Why or why not?
5. Psychology has taught us that anger is a major stressor on us. When you're angry, where do you feel it the most? How do you try to calm down?
6. What places in your life can you slow down so that you're a little less irritable with the people closest to you?

THIS WON'T MATTER TOMORROW BUT THEY WILL