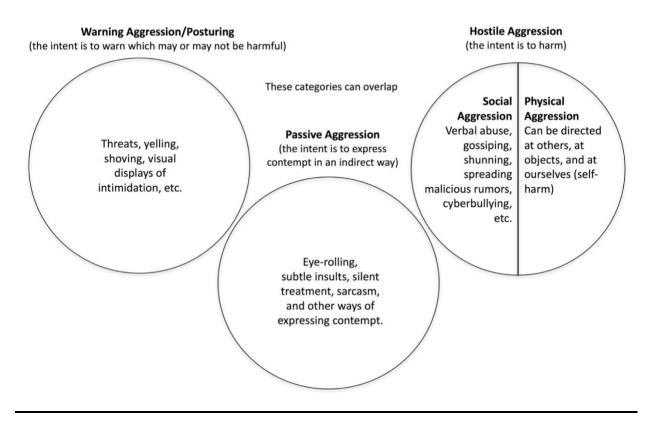
# Peace Literacy 2: Understanding and Healing Aggression

## The Anatomy of Aggression



## Peace Literacy Skill

Learn how to see aggression as a distress response to pain and discomfort

### The Fires of Aggression:

When you see aggression at the surface look for the fires burning beneath.

Fear Disrespect Frustration Insecurity Humiliation

Betrayal Shame Physical Discomfort

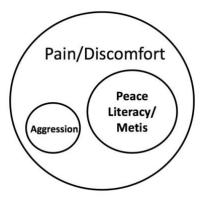
**Psychological Trauma** 

Loneliness

Alienation Low Self-Worth Disappointment Despair Rejection

### Healthier Ways to Deal with Pain/Discomfort:

All aggression is caused by pain/discomfort, but not all pain/discomfort has to lead to aggression. We can use Peace Literacy to help students develop their metis (see handout #6)



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