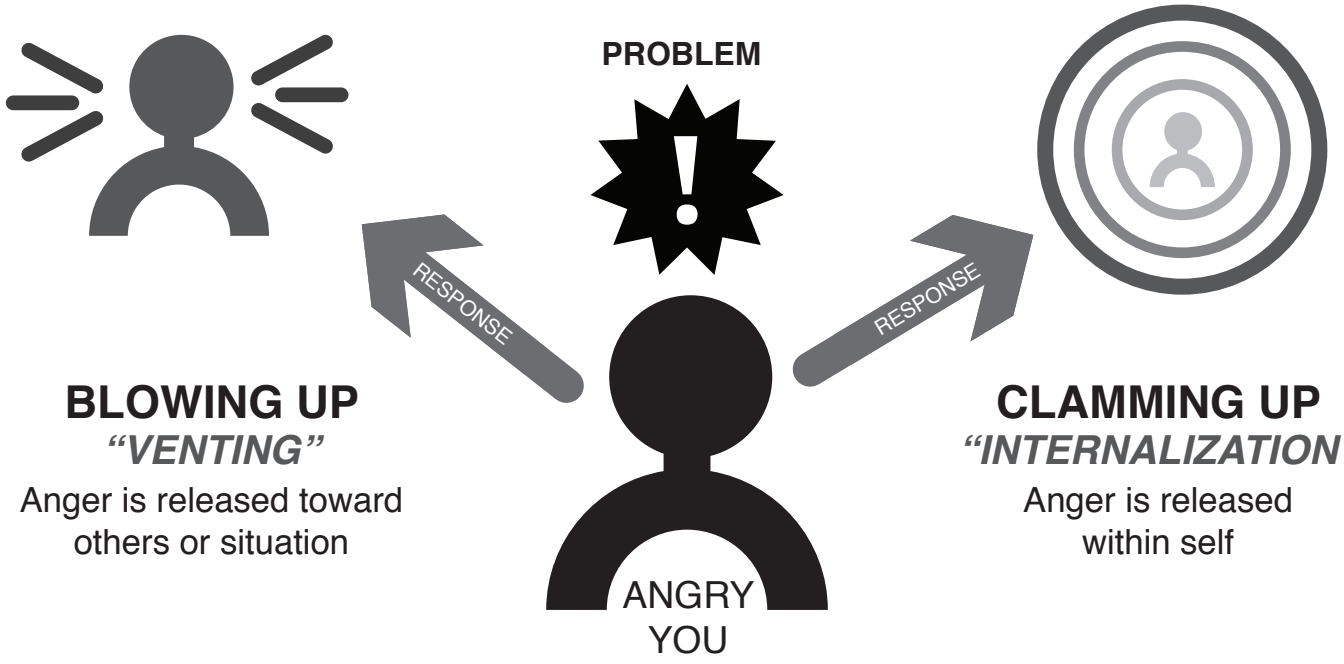
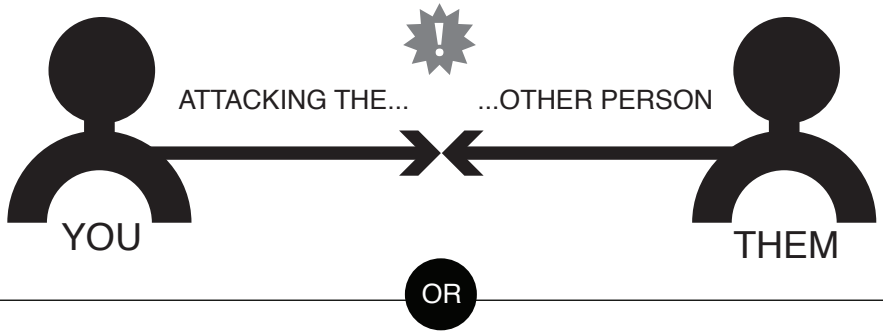
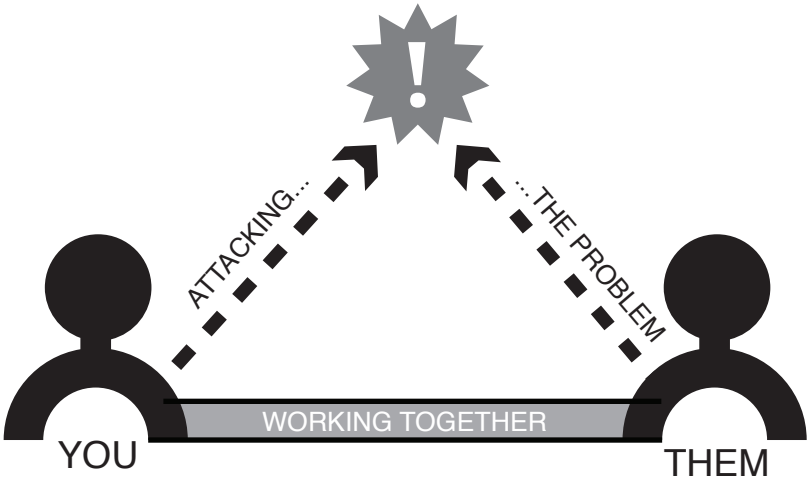
SINFUL**ANGER**



BLOWING UP
"VENTING"
Anger is released toward others or situation

CLAMMING UP
"INTERNALIZATION"
Anger is released within self

THE ATTACK FACTOR



OR