

Project

Try answering the following questions for yourself:

1. What are your internal inhibitions – the rules you have for yourself in regards to anger and irritability?
2. Having read this chapter, is there an additional rule you would like to make for yourself? If so, what is it?
3. How strong are your external inhibitions? (You might judge their strength by asking yourself whether they always manage to control your behaviour in the way you would like them to and, if not, how often they fail to do so.)
4. If you wanted to strengthen your external inhibitions, how might you do so? (We also look at this in the next chapter, but it's also interesting to ponder it now.)