

## **Discussion points for your consideration**

How can we deal with fear, anxiety and anger that have arisen in ourselves personally and as a society in reaction to gun violence?

How can we deal with the fear that is provoked due to media influences?

What practices help in the healing process for those whose loved ones were killed by gun violence?

How can we forgive those who have harmed us or our loved ones?

What role can Buddhism play in helping to reduce gun violence?

How can we develop love and compassion for those who have caused us pain and suffering?

How can we control our own tendencies toward aggression?

What are some non-violent ways we can deal with conflict so that anger and aggression are defused and don't escalate?

How can we eliminate the cause of gun violence?