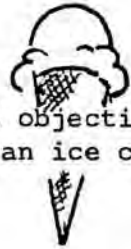




-----desired objective  
to buy an ice cream  
cone



anger-----block-----desire unfulfilled  
ice cream cones  
are \$.55 and I  
only have a quarter

The heat (intensity) of the anger is usually in direct proportion to the strength of the desire. There are other influential factors including the degree of self-control the person has, their temperament, etc.

Cain desired to retain supremacy including supremacy over Abel and wanted God to applaud his efforts. (He came to God to receive applause for himself rather than to offer praise to God.) When his efforts to gain this approval were frustrated, he became very angry. The illustration on the following page attempts to portray the process Cain went through.