Controlling My Anger

What triggers my anger?

___ When I don't get my way

___ When I don't win a game

___ When someone teases or picks on me

___ When someone takes my things

___ When someone tells me no

___ Other_____

How does my body respond when I'm angry?

I feel tense.

My heart starts pounding.

My head hurts.

I breathe faster.

My stomach hurts.

I feel hot.

I ball my fists.

My hands are cold or sweaty.

Other_____ Other_____

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