

You can't choose the environment that you grow up in. As a child you are not responsible for how you were treated. As adults we are responsible for our thoughts, feelings, and behavior. If we did not learn positive, anger-coping skills early in life, we need to learn them now.

ESCAPE, EXPRESS, OR EXPLODE?

When you are angry, you have a choice about how you will respond.

ANGER

1. ESCAPE

2. EXPRESS

3. EXPLODE

1. You can escape by burying your feelings or by ignoring or avoiding the situation.
2. You can express yourself assertively by problem-solving, negotiating, or compromising.
3. You can explode by venting, blowing up, or becoming physically aggressive.

How do you picture the three responses? If you had to pick an object, animal, or plant to show the three responses, what would it be? Draw these symbols or pictures in the boxes below.

1. ESCAPE

2. EXPRESS

3. EXPLODE

