

Name: _____

Dealing with my anger

6. To fight the angry thoughts, I could have tried these thoughts instead:

The form consists of a line drawing of a person's head and shoulders on the left side. From the top of the head, three large, cloud-shaped thought bubbles extend outwards. Each thought bubble contains five horizontal lines for writing. The bubbles are connected to the person's head by a series of smaller circles of decreasing size, creating a trail of thought. The entire form is designed for a student to write down alternative thoughts to replace angry ones.