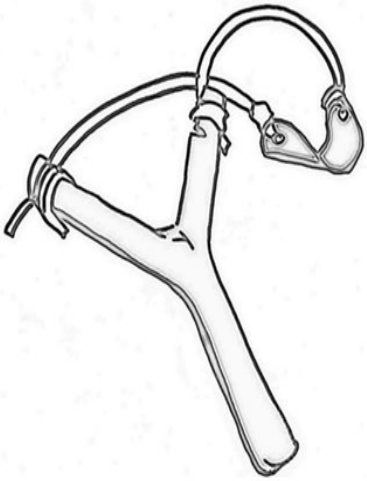
Everyone has anger triggers, or things that make them angry.

What makes me angry?

When I am angry, I can point that energy in an appropriate direction.



Where can I redirect my anger?