

## Anger Management

1. Anger management is a set of \_\_\_\_\_ used to keep anger from taking over.
2. The first skill is learning to identify the self-talk and triggers that generate anger.
  - a. Self-talk is what we \_\_\_\_\_ ourselves about a situation.
  - b. Self-talk is usually based on \_\_\_\_\_ about the situation or person. Self-talk is often incorrect.
  - c. Triggers are the \_\_\_\_\_, situations, or \_\_\_\_\_ that are likely to cause an angry response in someone. Some common triggers are being teased or made fun of.
  - d. Everyone has a \_\_\_\_\_ set of triggers.
3. The second skill is responding with \_\_\_\_\_.
4. Empathy means that a person understands and \_\_\_\_\_ the feelings and thoughts of another person.
5. The third skill is learning new \_\_\_\_\_ for dealing with feelings of anger.