## ANGER MANAGEMENT

Objectives: To enable an individual to explore various anger management techniques.

Instructions: There are multiple ways of managing anger. Some anger management techniques include calming techniques, distracting techniques and developing positive thought patterns. In the table given below, write down some of the ways in which you can calm yourself, distract yourself and think positively in anger-causing situations.

CALMING TECHNIQUES	DISTRACTION TECHNIQUES	WAYS TO THINK POSITIVE