

**TITLE: DEALING WITH ANGER**

**THE THINGS THAT MAKE ME ANGRIST ARE:**

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**WHEN I GET ANGRY, IT FEELS LIKE:**

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**I REMEMBER LOSING MY TEMPER WHEN:**

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**AFTER I LOST MY TEMPER, IT MADE ME FEEL:**

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**WHEN I NEED TO GET RID OF MY ANGRY FEELINGS I USUALLY:**

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**THIS WORKS OR DOESN'T WORK (CIRCLE ONE) BECAUSE:**

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**THESE ARE SOME NEGATIVE OR DESTRUCTIVE WAYS TO DEAL WITH ANGER:**

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**THESE ARE SOME POSITIVE OR CONSTRUCTIVE WAYS TO DEAL WITH ANGER:**

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