

Controlling My Anger

What triggers my anger?

- When I don't get my way
- When I don't win a game
- When someone teases or picks on me
- When someone takes my things
- When someone tells me no
- Other _____



How does my body respond

when I'm angry?

- I feel tense. My heart starts pounding.
- My head hurts. I breathe faster.
- My stomach hurts. I feel hot.
- I ball my fists. My hands are cold or sweaty.
- Other _____ Other _____