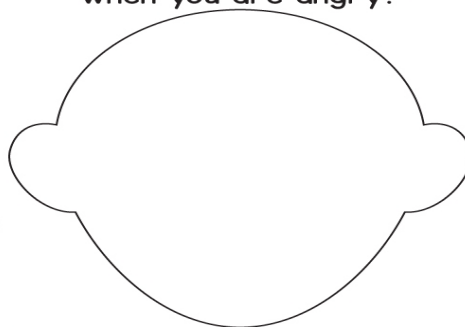


ANGER MANAGEMENT SKILLS

Name:

Date:

What kind of face do you have
when you are angry?



What things do you say?

How do you behave when you're angry?

What helps when you're angry?

What could your anger help you to achieve?

What happens to your body when you're angry?

Other ways of handling my anger

Have you learned anything about your anger?