

# Anger

(Do individually)

1. One thing that really makes me angry is ...
2. When this happens I usually ...
3. I think I react this way because ...
4. Perhaps a better way to handle this would be ...
5. Another thing that really makes me angry is ...
6. When this happens I usually ...
7. Perhaps a better way to handle this would be ...
8. I think I react this way because ...

