

# Who's running your life?

## You—or your anger?

### Acting angry

People react to anger in many different ways. You probably have more than one way to express your anger, too.

Make a list of things that you do when you're angry. We've started you off.

<u>yell</u>	_____
<u>exercise vigorously</u>	_____
<u>silent treatment</u>	_____
_____	_____



### Think about it.

Look at your list. Which actions may help solve the problem that made you angry? List them in the "Helpful actions" box. For example, exercise would be helpful.

Which ones might actually make the problem worse? List them in the "Harmful actions" box. On our list, yell and silent treatment would be harmful.



Use helpful ways to handle your anger. It just makes sense.

Why would you want to do something that will only make your problems worse?

