

Anger Cue Cards:



- 1 What was I trying to accomplish with my angry behavior?
- 2 What made me fly off the handle or act out so angrily?
- 3 Was I acting responsibly? Why or why not?
- 4 It is over now, can I let it go and move forward? Why or why not?
- 5 Did I take responsibility for my anger and not blame others?
- 6 Was it really worth getting angry? What can I learn from this?

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