

1

When can anger become a problem?



<https://worksheetplace.com> Images: [Scrapdoodles.ca](https://www.scrapdoodles.ca) & [Illumismart TPT](https://www.illumismart.com)

2

What coping strategies work best for you?



<https://worksheetplace.com> Images: [Scrapdoodles.ca](https://www.scrapdoodles.ca) & [Illumismart TPT](https://www.illumismart.com)

3

What coping strategies don't work for you? Why do you think this is?



<https://worksheetplace.com> Images: [Scrapdoodles.ca](https://www.scrapdoodles.ca) & [Illumismart TPT](https://www.illumismart.com)