

Name: _____



Work Through the Anger

Reflect on the following questions to help you better understand your anger and how to respond to it appropriately.

- ❶ What made you become angry?
- ❷ Describe the feelings you had?
- ❸ How might the other person involved have felt?
- ❹ What will help calm the anger?
- ❺ Can you do or say anything that will help the other person?
- ❻ What strategies will help you?
- ❼ What is the best strategy for you at this point?
- ❽ Why is this strategy the best?
- ❾ How can you move forward now?