

Name: _____

Reactions

Anger is a normal feeling. However, reactions to anger can be acceptable or not acceptable. When you look at the reactions to anger below, decide how you would feel if this is how you were being treated. Determine what is an acceptable reaction and what is not an acceptable reaction and explain why.

- ① You retaliate to 'get back at them' and use a yelling voice and/or get physical.
- ② You start to bully them to get your way.
- ③ You start crying loudly and lose your temper.
- ④ You isolate yourself and begin crying.
- ⑤ You maintain your composure, assert yourself and talk to the individual and work out an acceptable outcome for both of you.
- ⑥ You ask for help to resolve the situation.