

Anger Management

Try it Yourself Activity

Recall a situation that made you angry, and another one that caused you to turn violent in anger. Now compare both the situations and fill in the form.

- **What makes you angry? How would you react to this situation?**

- **What behavior you want to avoid the most when you experience anger?**

- **What will be your alternative line of action?**

- **How will you deal with the early warning signs of anger?**

- **How will you behave when you are very angry?**
