

# Getting To Know Your Anger

Describe a situation when you had a difficult time controlling your anger. (Think of descriptive details- *what, where, and why*).

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Was there anything you could have changed about the situation? Looking back, is there anything that could have been done/said to have made the situation less likely to provoke such strong emotions?

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What were some things that you *could not* change about the situation? *What didn't you have control over?*

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Describe a recent situation where you were completely in control of your emotions?

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Describe your thoughts during the peaceful situation? What were you thinking? What were you feeling?

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When in an anger-provoking situation, if you were able to accept your thoughts and the situation for what they are, what would change for you?

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What are some ways that you help your friends when they appear to be stressed or angry?

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