

## Getting to Know your Anger

- Describe a recent situation when you felt angry or when you were struggling to control your behavior. Remember, describe where you were, what was going on around you, and why this situation happened:

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- Was there anything you could have changed about this situation so you wouldn't feel so angry?

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- What can you not control? List the things you are not able to change about this situation:

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• _____	• _____
• _____	• _____

- Was there anything you could have changed about your behavior so you wouldn't feel so angry?

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- What can you control? List the things you are able to change about this situation or your behavior during and before the situation:

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• _____	• _____
• _____	• _____