

WORDS I CAN USE WHEN I'M....

I will control my feelings and my words by choosing words that don't hurt others.

When I go ____ days with no verbal aggression or abuse I get _____.



ANGRY



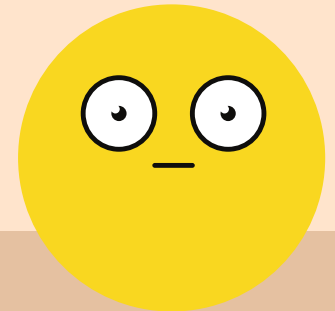
TIRED



ANXIOUS



SCARED



OVERWHELMED