

ANGER ERRORS

Mara is angry. Her best friend, Suzane, promised to go to the mall with her. But instead of going to the mall, Suzane went to a movie with another friend.

Read the following sentences. Each sentence describes a way Mara could deal with her anger and what would happen. On the blank space, write “T” if the sentence is true or “F” if the sentence is false.

___ Mara solved the problem by slapping Suzanne in the face.

___ Mara cried, but crying did not cure her anger.

___ Mara ignored Suzane for days and their friendship was saved.

___ Mara yelled at Suzane, making both girls happy.

___ Mara confronted SUzane, they talked, and Suzane apologized.

___ Mara obsessed over her anger and it went away.

___ Mara slammed her door causing her mother’s vase to break, and both Mara and her mother were happy.

___ Mara called Suzane an insulting name and the situation got worse.

___ Mara felt better after she phoned her other friends and spread a rumor about Suzanne.

___ Mara ripped up a picture of Suzane, but her anger did not go away.

Write the sentence which described the best way for Mara to solve her problem with Suzane.
