

I GET ANGRY WHEN

Anger is a normal reaction to an upsetting situation. On the lines below, describe four situations that caused you to get angry, what it was about the situations that angered you, and who was involved in the situations.

1. SITUATION: _____

Cause of Anger: _____

Who was involved: _____

2. SITUATION: _____

Cause of Anger: _____

Who was involved: _____

3. SITUATION: _____

Cause of Anger: _____

Who was involved: _____

4. SITUATION: _____

Cause of Anger: _____

Who was involved: _____
