

## WHAT'S BEST FOR YOU?

Whenever you get angry, it is a time for quick decisions. The way you decide to react will determine the outcome of the anger-causing situation. If, in your anger, you make the wrong decision, you can cause the situation to become worse. And since you are involved in the situation, things will get worse for you. So, you need to make the decision that will be best for you. Read the following anger-causing situations. Then, decide how you could react so that the outcome will be best for you. Next, write your decision and the situation's outcome.

### **YOU LOSE A GAME WHICH YOU ARE REALLY GOOD AT PLAYING.**

How did you react?

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What was the outcome?

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### **AN OLDER STUDENT PUSHED YOU IN THE HALLWAY.**

How did you react?

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What was the outcome?

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### **YOU FAILED A TEST WHICH YOU REALLY NEEDED TO PASS.**

How did you react?

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What was the outcome?

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