

TRUE CHARACTER



A Balanced Approach to
Character Development

May 2022

Anger Management – Teens & Adults

Name: _____

Anger management means recognizing and responding in a healthy way when we feel anger. Each of us feels anger differently. When we think about what anger is trying to tell us, that is when we learn to manage it in a healthy way. Think back to a time you felt angry and answer the questions below. Think about how your anger impacts you and what you can do to control it.

I was angry when _____ _____.	How did you behave when you were angry? _____ _____ _____ _____ _____ _____.	What do you say when you are angry? _____ _____ _____ _____ _____ _____.
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By thinking about what made me angry and how I responded, I learned _____

To control my anger, I like to _____
