

# TRUE CHARACTER



A Balanced Approach to  
Character Development

May

## 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

\_\_\_\_\_  
\_\_\_\_\_.

My anger told me

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.

How did you behave when you were  
angry?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.

What do you say when you are  
angry?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.

By thinking about what made me angry and how I responded, I learned \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

To control my anger, I like to \_\_\_\_\_

\_\_\_\_\_