



Everyone gets angry at one time or another. You may feel you have been insulted or treated unfairly. You may get angry waiting in line at a movie or waiting at a stop sign. The situation that caused your anger may play over and over in your mind.

- Anger can affect your relationships with friends, family and at work.
- Anger can range from irritation to rage.
- Anger that is out of control can cause you to act out verbally or physically.
- If anger is a problem for you, there are things you can do to deal with it.

**Describe a situation that has made you angry in the past.**

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**If you reacted in anger, plan a way you could react differently. Write this plan down (rehearse it to prepare yourself for the next time).**

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Knowing the signs of anger will help you control your anger. Signs of anger can include: clenching your fists, shaking, a fast pulse, or clenching your jaw.

**What are your physical signs of anger?**

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When you feel your signs of anger starting, do something to calm yourself. For example, you can do deep breathing exercises or remove yourself from the situation. When you are able to return to the situation and speak calmly, do so.

## What things might calm you when you feel angry?

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**Look at this exercise often to prepare for future situations.**