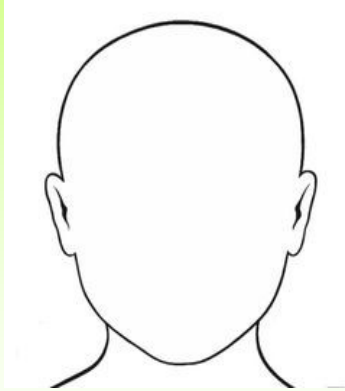
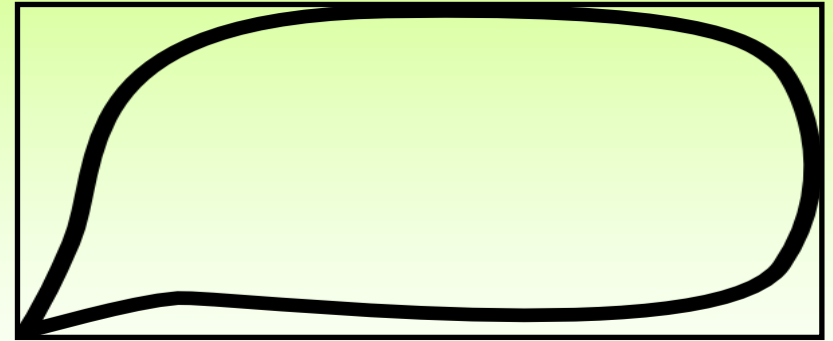


# Anger Map Exercise

How do I look when I am angry ?



Words I use when I am angry:



How do I behave when I am angry?



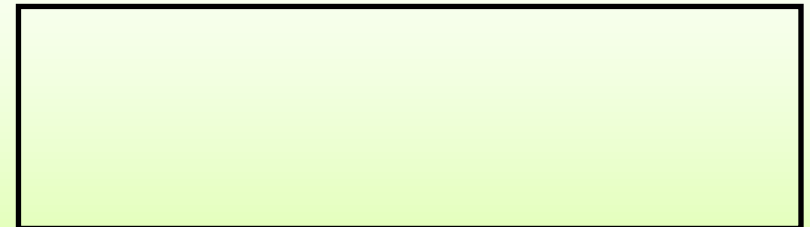
What happens to my body when I am angry ?



Strategies I could you use to calm my body when I am angry:



Other ways I can handle my anger:



Reminders I can use to help myself next time:

