

MARCH 2017

POWERFUL PROJECT

ANGER MANAGEMENT

Teens & Adults



First & Last Name: \_\_\_\_\_

The Powerful Word of the month is anger management. Anger management means recognizing and responding to anger in healthy and appropriate ways. Often, anger is a response to other issues that are happening in your life. Looking back on a time when you were very angry, what was really going on and how did you eventually address the problem? How can this help you in the future? Write about it below.

*Guilt, hurt and fear often masquerade as anger. You have to undress the problem if you want to address the problem. ~ Dr. Robyn Silverman*

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