

WORKSHEET • 12

What Sets You Off?

Think of times that you have been angry. Really, *really* angry. Fill in the blanks for each anger incident you remember well.

WHERE did it happen? _____ WHEN did it happen? _____

WHO made you angry? _____

WHAT did that person do to set you off? _____

HOW did you display your anger? _____

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HOW did you display your anger? _____

 Do you see a pattern? How can you change the pattern? _____
