



IML JOURNAL PAGE



TITLE: DEALING WITH ANGER

THE THINGS THAT MAKE ME ANGRY ARE:

WHEN I GET ANGRY, IT FEELS LIKE:

I REMEMBER LOSING MY TEMPER WHEN:

AFTER I LOST MY TEMPER, IT MADE ME FEEL:

WHEN I NEED TO GET RID OF MY ANGRY FEELINGS I USUALLY:

THIS WORKS OR DOESN'T WORK (CIRCLE ONE) BECAUSE:

THESE ARE SOME NEGATIVE OR DESTRUCTIVE WAYS TO DEAL WITH ANGER:

THESE ARE SOME POSITIVE OR CONSTRUCTIVE WAYS TO DEAL WITH ANGER:
