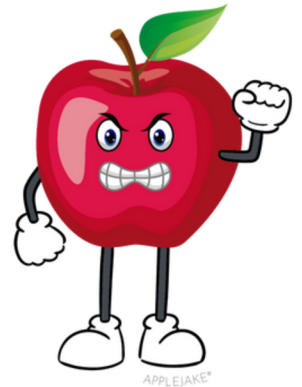


ANGER ALERT

RECOGNIZING AND COPING WITH ANGRY FEELING

Write down three things that make you feel really mad or angry.



Write down five good ways to handle tough feelings. These are called "healthy coping skills."