

Name: _____

Date: _____

ANGER AND CONTROL

F H Y U T O X X G Y J S C O A S P E C F S J P U
B Y B I A C T I O N M O U K C P J N L U O A M X
U Y Q M Y N M M C E O J T H G I F K W S L Q G E
J U B Z Z V W K L L D E T Z U R M S T T U S O N
A M U A W Z P B A J D J I C W E R W J R T J H N
L O F J P M O K Q A D U I E D L X U O A I Q Y A
P Q V H K R X Y M O L U F T N E S E R T O Z A R
W D K B P Z X R E M O T I O N A L N P I N Q C T
P I H J L U J K W Y P P A H N U X V M O T J K V
D D R B J D A N G E R O U S U R S W H N O S V F
O D U A S L B B D E V X A S K O G W X S Y P S L
P B Z T Z R J W K P G H N B F I N N Z N O Z Z N
Y T W W U E B Z B W B P I Y B V I Y I I U V Q Q
N W O D M L A C O T N R A E L A L L N N R L K O
F L E S G N I S S E R P X E X H E S J J A Y P F
O R M P T C X A P S L N C U Q E E T D X N D A J
U F F B E F K H A T E T V W U B F Z N L G B Y Z
N H A F N A R G U M E N T S S R E H E F E F J Z
F U S G R G R J D R A G E W B U K G D U R X G J
R F B R B J L G F N W P T Q L O H R D A J N L R
G Y K Q B X K P D R Y X R J E Y Z Y P U N G S A
N U K I R A M Q R S I I B H X H N F C Z R C H G
T G W H Y A R E Y O U A N G R Y Z E S C W G T E
E Z M A F P S E U Q I N H C E T G N I M L A C T

SOLUTION TO YOUR ANGER
WHY ARE YOU ANGRY
FUSTRATIONS
DANGEROUS
PROBLEMS
ACTION
RAGE

LEARN TO CALM DOWN
EXPRESSING SELF
RESENTFUL
EMOTIONAL
UNHAPPY
FIGHT
HATE

CALMING TECHNIQUES
YOUR BEHAVIOR
ARGUMENTS
FEELINGS
GRUDGE
COOL
MAD