

Name: _____ Date: _____

Anger Management

1. Something that happens occasionally doesn't happen all the time, just every once in a while. You play poker occasionally just to remind yourself that you always lose. A. frustration
2. When you're in a relationship, you're emotionally involved or at least connected in some way. If you're related to somebody – your parents, your aunts and uncles, your cousins – you share a family relationship with them. B. aggression
3. Use the adjective ineffective to describe something that doesn't work quite the way it's supposed to. You might complain about your ineffective guard dog, who wags his tail and licks everyone who comes to your house. C. recommend
4. The noun management means "the act of directing or controlling things," like your management of five-year-olds that included fun time, quiet time, and clean-up time. D. management
5. having a tendency E. vent
6. When you vent, you let something out, whether it's hot air or your feelings. If you vent your feelings, you let out a strong and sometimes angry emotion and just say what you think. F. ineffective
7. an act of hindering someone's plans or efforts G. occasionally
8. Aggression is hostile, purposely unfriendly behavior that can sometimes be violent. A motorist who shows aggression for another may follow too closely, honk the horn, or otherwise try to intimidate. H. relationship
9. deliberately unfriendly behavior I. subside
10. express a good opinion of J. prone