Name _____

Understanding Anger: Why Do We Get Angry, and How Should We Manage It?

Short Answer

1. Describe a situation where you might feel angry due to frustration.

2. What does it mean to take a few deep breaths when you're angry, and how does it help?

3. Explain the importance of using "I" statements when communicating your anger.

4. Share an example of a relaxation technique that can help reduce anger.

5. How can seeking support from others, such as friends or family, be beneficial when dealing with anger?

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