

Name \_\_\_\_\_

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

### Multiple Choice Answer Key

1. b) Facing obstacles and frustration
2. b) It helps you regain control and calm your body's physical response.
3. c) It allows you to calmly describe how you feel and why.
4. c) If anger negatively impacts your life and is difficult to manage
5. c) It helps you take control of your reaction and prevents impulsive actions.

