

About Anger

1. Is it normal to be angry?

2. Expressing anger can be _____ and _____. How?

3. What causes anger?
 - a.
 - b.
 - c.
 - d.
 - e.
 - f.

4. Five things occur in your body as a reaction to anger.
 - a.
 - b.
 - c.
 - d.
 - e.

5. How can you make anger an advantage to you?

6. How can anger be detrimental to you?