Name:	Date:
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ANGER PREP

What o the direction.	
What might make me feel angry? ————————————————————————————————————	
What might make me reet and y:	
How have I handled it before?	
What things can I say or do before to prepare for this situation? ——	
How will I know that I'm getting angry?	
Coping skills I can use if I start to feel angry!	