

★ MY ANGER NOTEBOOK ♥

➤ Use one page for one situation. ➤

Write what happened, how **strong** the anger was,
and the **other explanation**. A pattern you can **see** is a pattern you can **lead**.



1. WHAT HAPPENED? ➤

At lunch, my friend Sam didn't save me
a seat with our group.

They all started talking without me.



2. HOW STRONG WAS MY ANGER? ➤



5 ☒ I wanted to yell and my face felt hot.....

4 ☐

3 ☐

2 ☐

1 ☐



3. WHAT'S ANOTHER EXPLANATION? ➤



Maybe Sam didn't see me.

Maybe there were no empty seats.

Maybe they thought I was sitting with someone else.

I can ask Sam next time.





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