

## HANDOUT: Alternative Expressions of Anger

Category	Subcategory	Group size	Duration	Language
<b>Social learning</b>	Aggression	Individual Small group	60 min	EN

### My Anger Signs:

- a) Physical \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_
- b) Cognitive \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_
- c) Behavioural \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

The alternatives I can use when I am angry include:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



Other things I can change about my anger:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

What do your answers say about you and the way you deal with anger?

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