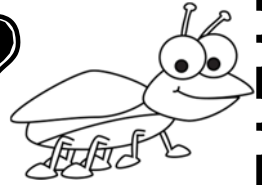


Name: _____



What Bugs You?



Anger is a normal emotion. Everyone can get angry from time to time.

There are many different reasons we get angry. The goal is always to try to control your anger instead of letting the anger control you. To do this, it is important to know what bugs you. Things that bug us can often lead to anger. When you know what bugs you, how can you prevent them from making you angry?

Make a list of the things that bug you:

1

2

3

4

5

6