

The Anger Volcano

An angry outburst can seem like a sudden event, but more than likely there were things that led up to your anger and caused you to lose control.

Think about a time you got angry recently. Use the chart below to identify the things that made you angry and the things that caused you to explode.

Directions

Write down the things that led up to your last "explosion." Circle ones that could have been dealt with in a way that wouldn't make you build up steam.

Write what happened when you exploded

