**Get a Grip on Anger**

[](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwjX7PXb04TLAhVC0GMKHQolA3kQjRwIBw&url=http://depositphotos.com/11511112/stock-illustration-cartoon-couple-angry-at-each.html&bvm=bv.114733917,d.cGc&psig=AFQjCNEWNUo8GCqQ7tvpi_hnWXoeT0pZLA&ust=1455999688525649)Sometimes people use anger to get their way.

Being assertive doesn’t mean getting your way

it means that you can express your wishes and

beliefs in a positive non-destructive way. Some

examples of how people deal with anger are

listed below. Brainstorm some ways that are

used to deal with anger. Include both good and

bad methods. When you have finished with a

list, go back and place an asterisk (\*)

near the methods that are healthy ways to

deal with anger.

Throw things\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Scream\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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