

On the left, write the feeling word that corresponds to each level of anger you experience.

On the right, write down the corresponding anger management technique to deal or cope with the feelings on the left.

10. \_\_\_\_\_

10. \_\_\_\_\_

9. \_\_\_\_\_

9. \_\_\_\_\_

8. \_\_\_\_\_

8. \_\_\_\_\_

7. \_\_\_\_\_

7. \_\_\_\_\_

6. \_\_\_\_\_

6. \_\_\_\_\_

5. \_\_\_\_\_

5. \_\_\_\_\_

4. \_\_\_\_\_

4. \_\_\_\_\_

3. \_\_\_\_\_

3. \_\_\_\_\_

2. \_\_\_\_\_

2. \_\_\_\_\_

1. \_\_\_\_\_

1. \_\_\_\_\_

