

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# ANGER MAP

What's your experience with anger? What do you think about? How do you feel? What do you do? Where do you go? Write down your response to each question in the corresponding area.

**What are you thinking about?**

**How do you feel?**

**What do you want to do?**

**Where do you want to go?**

