

A Map of my Anger Signs

When driving, street signs warn drivers of danger or changes, like a sharp turn in the road.



Anger gives us warning signs too. Sometimes we react too quickly to problems when we're angry. We can slow down our reactions to problems if we know exactly what our anger signs feel like.

On a piece of paper, draw a picture of a road with street signs labeling the anger signs that make you react too quickly to a problem.

Your anger signs can be:

- Thoughts
- Behaviors
- Situational triggers
- Physical symptoms