

THE ANGER FILES

PUTTING THE IDEAS INTO PRACTICE



1 - THINK OF WHAT YOU COULD SAY THAT WOULD BE LESS STRESSY...

- You are doing my head in. You keep going on at me. .

- Yeah, are you starting ? Why don't you get out of my face?

- You're the one who started it. You always start arguments. .

- What? It wasn't me? You're always saying it's me you !*@?*!**

2 - THINK ABOUT THINGS YOU CAN DO WHEN YOU GET ANGRY

