






# Control Your Anger

Event  	Impulse Reaction  	Better Response 
A classmate makes fun of me.	Respond with an insult back.	Ignore the remark, and show my class mate that he will not provoke me.
My sister 'borrowed' my favorite shoes without asking me.	Retaliate by 'borrowing' something of hers without asking.	
My parents say that I am grounded.		