

Angry? Don't Make A Wrong Turn!

Module Worksheet #1



People often respond in harmful ways when they are angry—sometimes without even realizing what they are doing! For example, have you ever caught yourself yelling at a younger brother or sister because you were mad about something that happened at school?

Here are some of the “wrong turns” people can make when they are angry.

- Stuff it and pretend nothing is wrong.
- Do something dangerous or risky, such as using drugs.
- Yell at the person you're mad at.
- Give someone the “evil eye” (dirty looks).
- Get depressed because you don't feel you can do anything about the situation.
- Call someone names, threaten, or use sarcasm.
- Strike back physically – hitting, punching, or kicking.
- Eat because you are mad (for comfort).
- Pick a fight with someone else.

Answer the following questions.

1. Do any of these responses surprise you? Complete the following sentence: “I didn't realize that when people are angry, they might _____.”

2. When I feel angry, my “wrong turn” tendency is to _____

3. This is not a good idea because _____