

# The Anger Volcano

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An angry outburst can seem like a sudden event, but more than likely there were things that led up to your anger and caused you to lose control.

Think about a time you got angry recently. Use the chart below to identify the things that made you angry and the things that caused you to explode.

## Directions

Write down the things that led up to your last “explosion.” Circle ones that could have been dealt with in a way that wouldn’t make you build up steam.

Write what happened when you exploded

