POWERFUL PROJECT

TEENS AND ADULTS

MARCH 2013

ANGER MANAGEMENT

Many teens and adults hold onto anger rather than releasing it. While we know this isn't a healthy way of dealing with anger, it can be difficult to cope with anger in a productive and appropriate way. How have you dealt with pent up anger in the past and what advice would you have for a younger student who seems to be holding onto his anger now? Using your experience, would you suggest to that student that s/he follow what you did, do the opposite or do something else entirely?

"Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned." -- Buddha quote

First & Last Name: _____

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POWERFUL WORDS CHARACTER DEVELOPMENT