

# Anger...Don't Let It Get To You!

1. When people internalize (act in) their anger, they will often times express their anger by doing what?
2. What physical changes can you experience when the body feels anger?
3. Being able to recognize the physical changes that occur in the body when you feel anger allows you to do what with this feeling?
4. The article mentions several way that you could properly “vent” your angry feelings. List several of those ways. What one could you use to help you release your angry feelings?
5. What type of communication skill allows you to help defuse an angry situation?
6. When should teens get help with their anger?