

Name: _____

Date: _____

RE-Active

Anger Management Cycle

Consequences

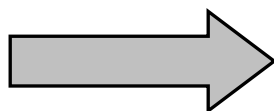
Results for the Behaviors you chose to use

1.

2.

3.

C



Actions

What people do that bothers you

1.

2.

3.

A



Behaviors

What you do to cope with the actions of other people

1.

2.

3.

B

