



WORK SHEET – EXERCISE 3A

What is anger?

Fill in the table. Order the different indicators by level of intensity.



I feel...	My body, my voice, my breathing...	I think, I tell myself...



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What is anger?

You can cut out the squares and stick them in the right column.



I feel...	My body, my voice, my breathing...	I think, I tell myself...
I'm raging.	I'm shouting. I'm hitting out.	"I'm gonna explode, I'm gonna hit him!"
I'm mad.	I'm yelling, my voice is getting louder.	"I'm right!"
I'm angry.	I'm puffing my chest.	"She's mean. He's stupid."
I'm discontent.	My fists are clenched. My body is tense.	"That's unfair."
I'm annoyed.	My heart is beating fast.	"I never get what I want."
I feel attacked.	I'm red-faced, I'm hot.	"It's always me."
I feel impatient.	I begin to stare intently.	"I didn't do anything."