



EXPRESSING ANGER (Pros, Cons, Alternatives)

Good Things About the Way I Express Anger

1. _____
2. _____
3. _____
4. _____
5. _____

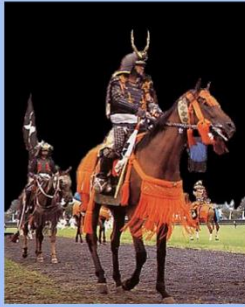
Not-So-Good Things About the Way I Express Anger

1. _____
2. _____
3. _____
4. _____
5. _____

Alternative Ways (Skills) to Express My Anger in Healthy Ways

1. _____
2. _____
3. _____
4. _____
5. _____

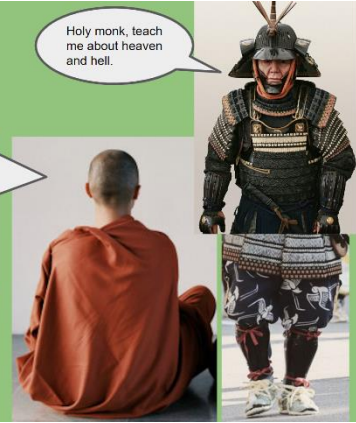
1 Once upon a time, a samurai returning home from a war came across a meditating monk.



2 The samurai approached the monk.

Holy monk, teach me about heaven and hell.

I can't teach you because you are not ready. You do not have the capacity to understand.

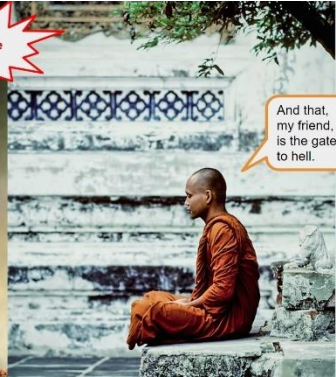


3 The samurai fumed with rage... and tightened his hand into a fist.



4 How dare you!

And that, my friend, is the gate to hell.



5 For a moment, the warrior was confused.

What the?! 



And then ... an insight broke open... ..



6 The samurai took off his armor and laid down his sword.



7 In humility and in gratitude for the teaching, he bowed to the monk.



And that is the gate to heaven.

