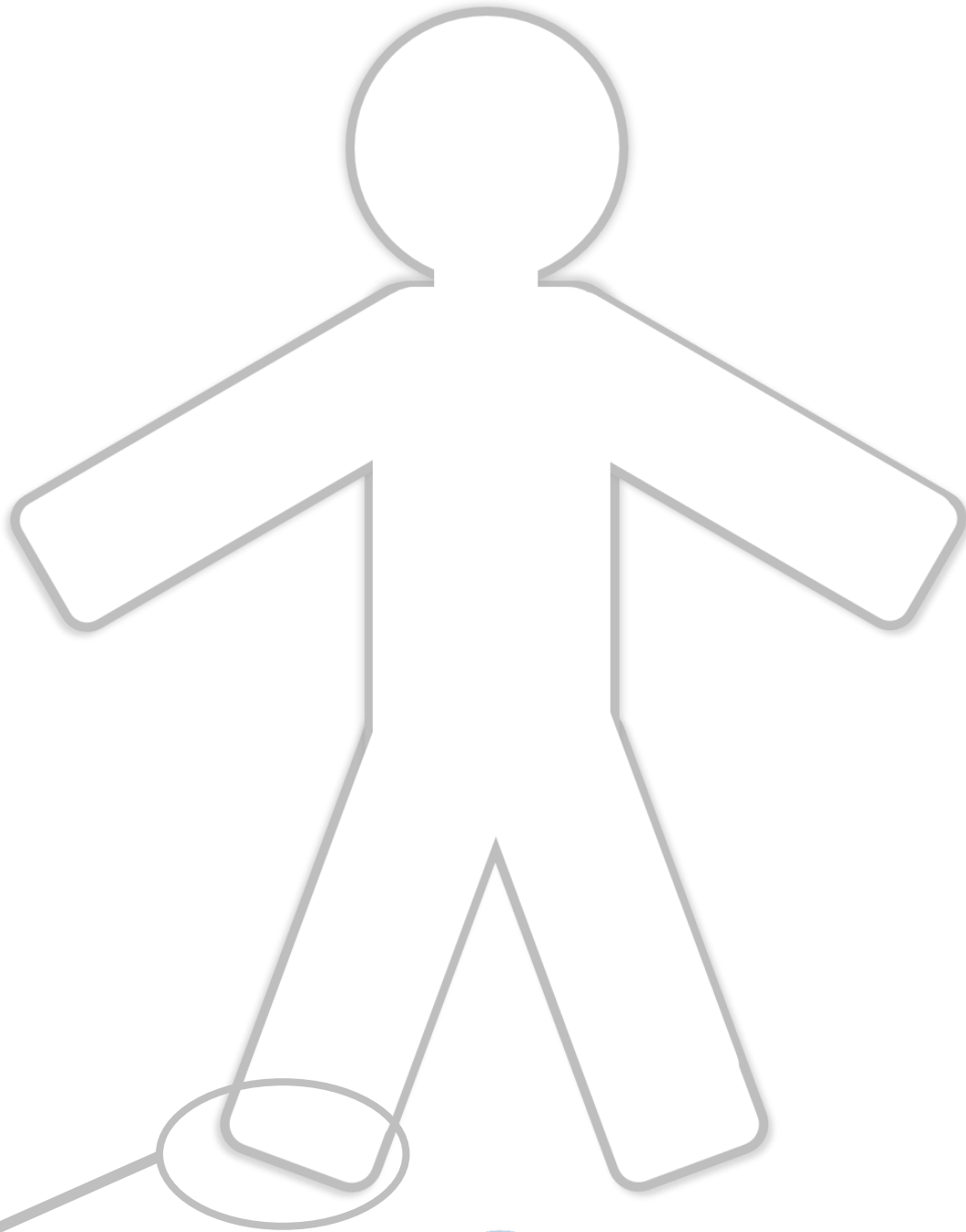


Anger Body Reactions



Use this outline to show how and where your body reacts when you feel angry. Some common body reactions to anger include sweating, racing heartbeat, or clenching fists. Draw a line where it happens on your body and write down the reaction (see example below).



Pacing back and forth

