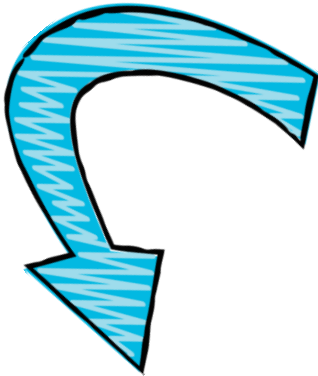


Situation that triggered my anger



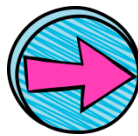
Large empty box with a scalloped border for writing the situation that triggered anger.

What I did

Large empty box with a scalloped border for writing what the person did.

Consequences

Large empty box with a scalloped border for writing the consequences.



Next time, I will

Large empty box with a scalloped border for writing what the person will do next time.

Credits



[Morpho Science](#)

-Thank you for the frames
& arrows