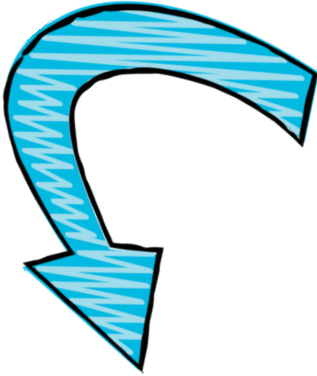


Situation that triggered anger



A large, empty rectangular box with a scalloped border, intended for writing the situation that triggered anger.

What I did

A large, empty rectangular box with a scalloped border, intended for writing what the person did.

Consequences

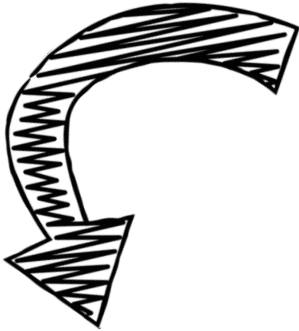
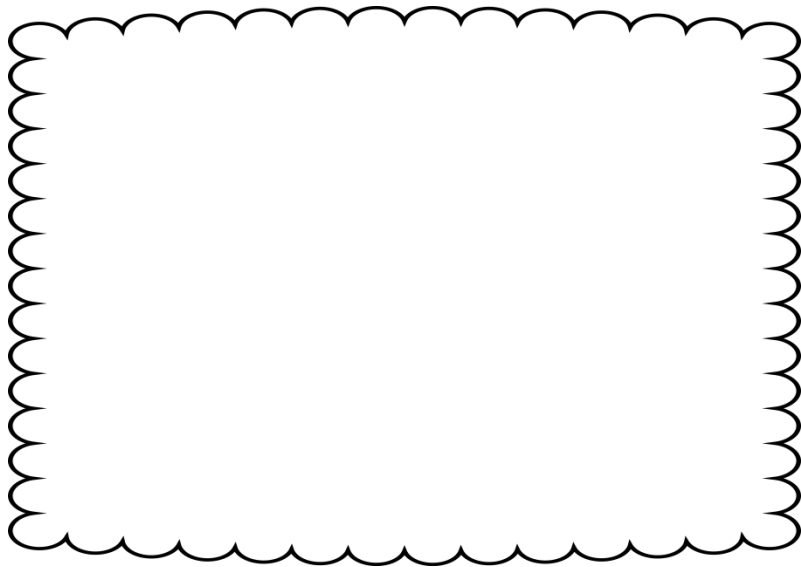
A large, empty rectangular box with a scalloped border, intended for writing the consequences.



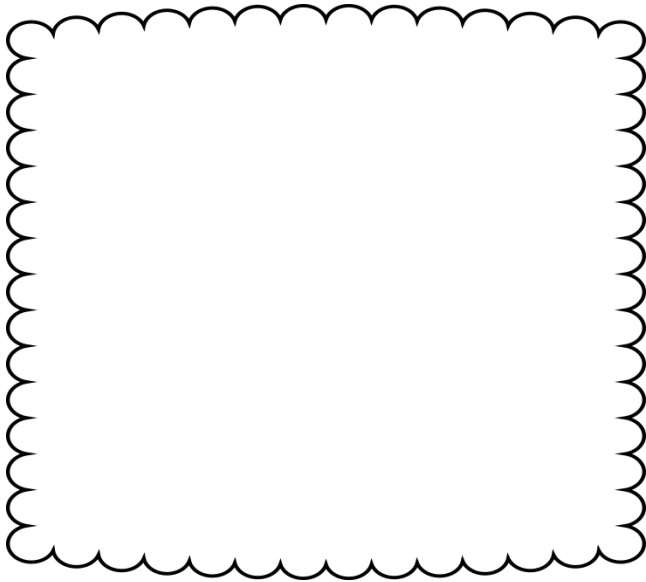
Next time, I will

A large, empty rectangular box with a scalloped border, intended for writing what the person will do next time.

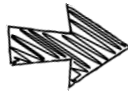
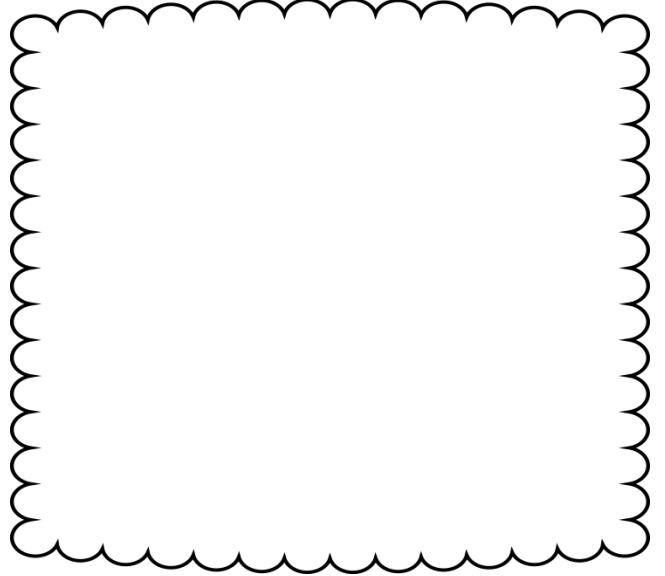
Situation that triggered anger



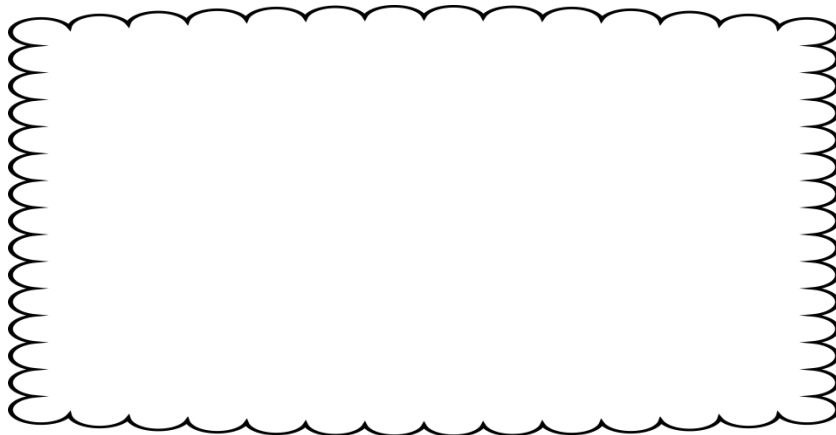
What I did



Consequences



Next time, I will



# Credits



[Morpho Science](#)

-Thank you for the  
frames & arrows