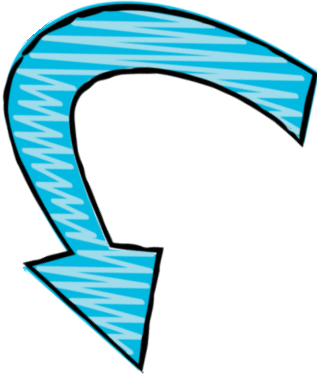


Situation that triggered anger



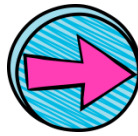
A large, empty rectangular box with a scalloped border, intended for writing the situation that triggered anger.

What I did

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

Consequences

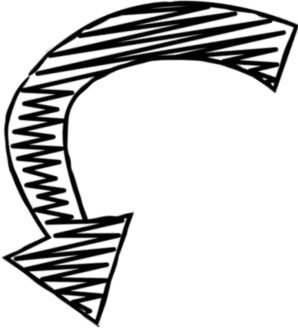
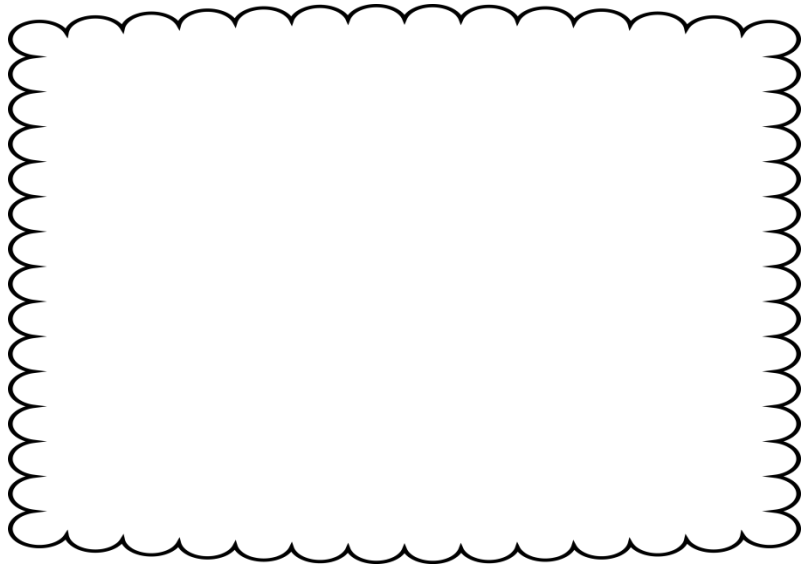
A large, empty rectangular box with a scalloped border, intended for writing the consequences.



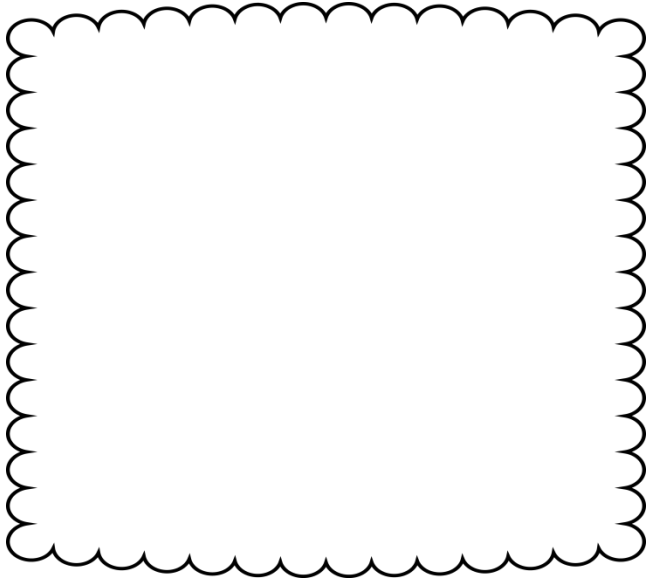
Next time, I will

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

Situation that triggered anger



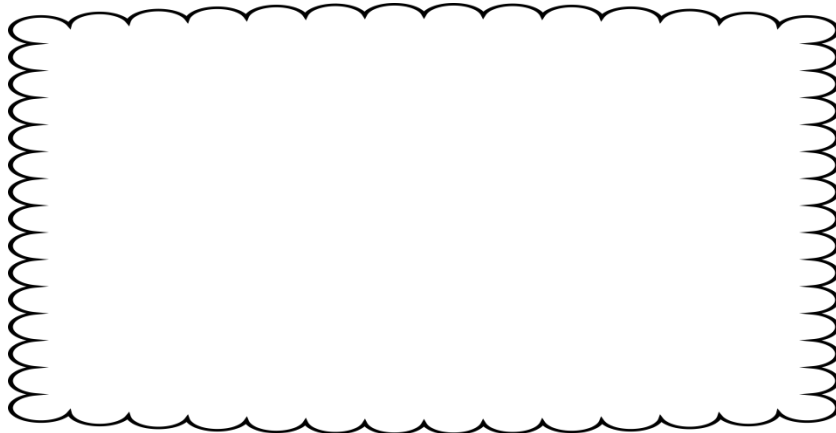
What I did



Consequences



Next time, I will



Trigger

My
Response

Consequences

Next Time,
I Can...



Trigger	
My Response	
Consequences	
Next Time, I Can...	

Credits



[Morpho Science](#)

-Thank you for the frames & arrows

Paula Kim Studio

[Paula Kim Studio](#)

-Thank you for the heart