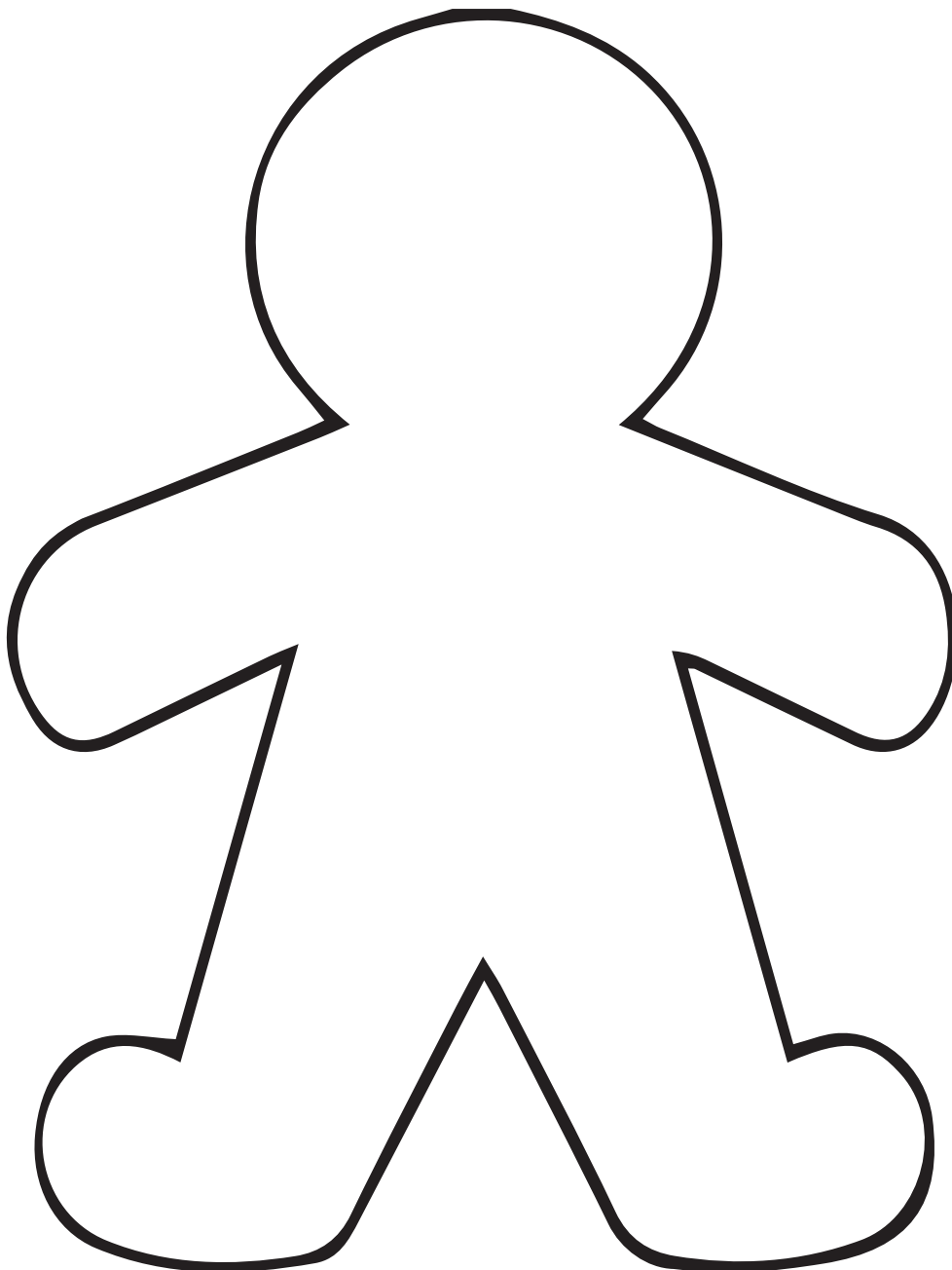


Say Hello to Your Anger

Choose a color for each of the body sensations (right) and fill in the circle next to it.

1. Think of a time you felt angry.
2. Slowly think about each sensation or body clue. Did you feel it somewhere in your body? Color in that spot on the picture below with the color you chose.



BODY SENSATIONS

- Hot
- Tense or Stiff
- Shaky
- Painful
- Pounding
- Tightened or Clenched
- Racing
- Mixed Up
- Numb
- Tingly
- _____