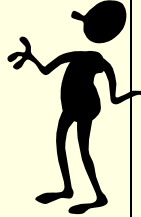


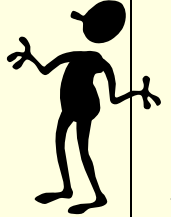
## Responding to Anger

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2. Try to understand what the angry person is saying and feeling
3. Ask the other person to explain anything you don't understand
4. Show that you understand why the other person feels angry
5. In a pro-social way, express your thoughts and feelings about the situation



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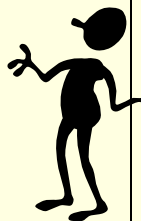
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7

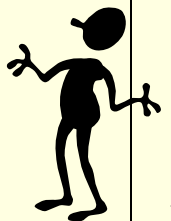
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Name: \_\_\_\_\_ Date: \_\_\_\_\_



## Homework Sheet: Lesson 14

*Fill in first three sections before leaving the session.*

**Skill to practice:** \_\_\_\_\_

**Anticipated Situation:**

**With Whom?** \_\_\_\_\_

**When?** \_\_\_\_\_

**Where?** \_\_\_\_\_

**Steps to follow (Write down each step of the social skill):**

1.

4.

2.

5.

3.

6.

*Fill in after doing your homework.*

**Thinking Check-in:**

**Actual situation:** \_\_\_\_\_  
\_\_\_\_\_

**List your thoughts, feelings, and attitudes and beliefs. (Circle those that put you at risk.)**  
\_\_\_\_\_  
\_\_\_\_\_

**Risk of doing what?** \_\_\_\_\_

**What new thinking did you use (or could you have used) to reduce the risk?** \_\_\_\_\_  
\_\_\_\_\_

(Continued on Next Page)

**Describe Your Actions (What you specifically did to follow each step of the skill):**

1.	4.
2.	5.
3.	6.

1. What happened when you did the homework?

2. How well did you do at following the steps of this skill? (*Circle one*)

*Excellent*

*Good*

*Fair*

*Poor*

3. *What is another situation in which you could use this skill?*