

THE UPSIDE OF ANGER



MAKE ANGER YOUR ALLY

Ally = "To Give Support...Have Someone On Your Side"

Why? To Teach You About Yourself



NIP THE NEGATIVE RESPONSE

- Know Your Body
- Know Your Thinking
- Organize Your Life



GIVE GRIEF IT'S RIGHTFUL SPACE

- Aggression
- Depression



EMOTIONAL MATURITY

Responsibility For Your Own Actions: • Verbal • Physical • Motivational



RESTORATION

- Personal Accountability
- Forgiveness