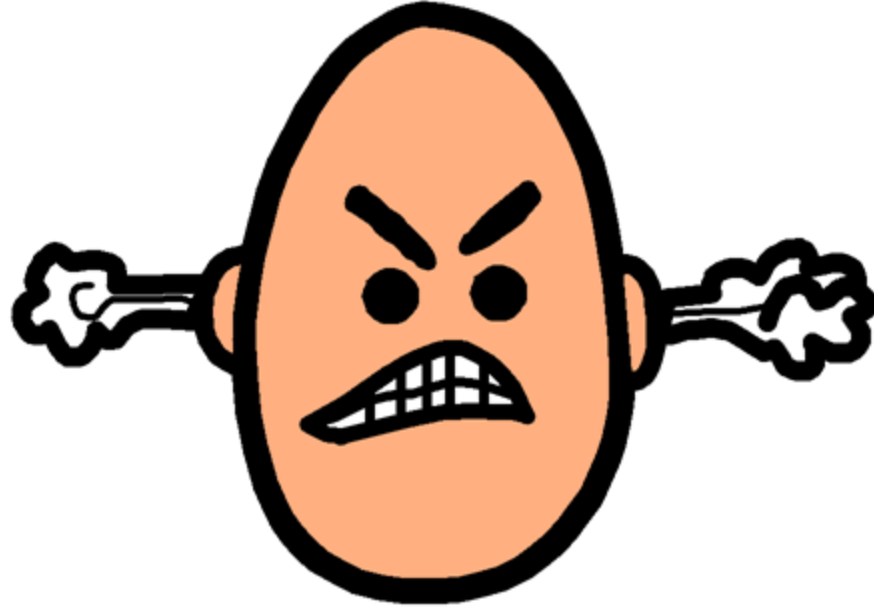
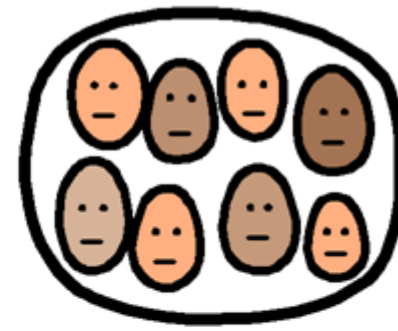


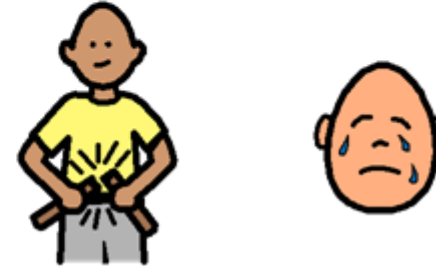
Angry



Everyone experiences feeling angry.



Sometimes we feel angry for a clear reason.



Sometimes we feel angry because of what happens to us.



Sometimes we feel angry because of what happens to others.



Sometimes we feel angry but can't explain why.





angry



Anger doesn't always look like



Sometimes it looks like this



Sometimes I know why I am angry



Sometimes I don't understand why I am angry.



Sometimes I think I am angry with someone, but later realise that I was taking my anger out on them because I was angry with someone or something else.

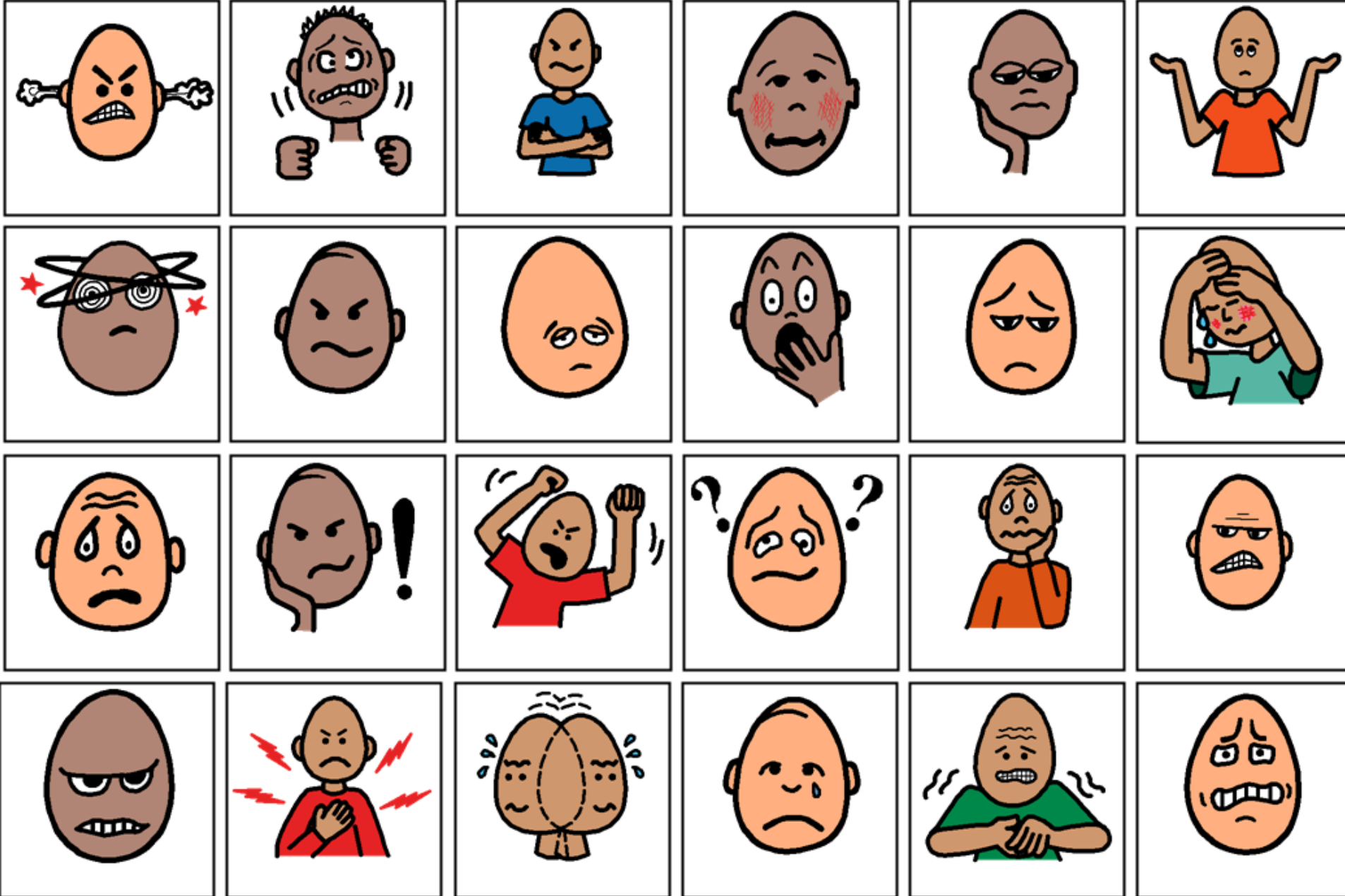


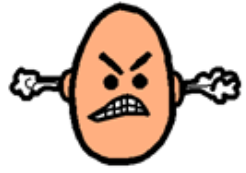
Sometimes I feel angry and respond angrily to others.

When this happens, it is important that I say sorry.

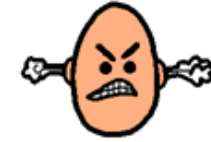


Anger can look like other emotions.





angry



Other people get angry too.



They may react differently.



This does not mean they are bad people.

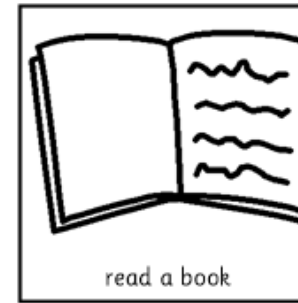
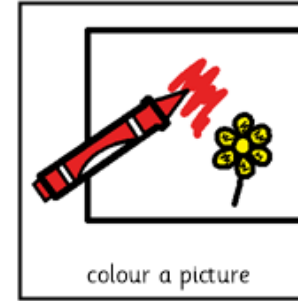
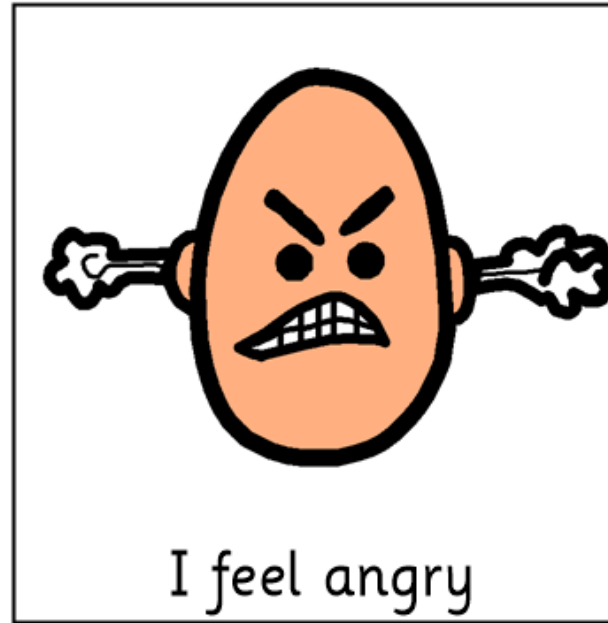
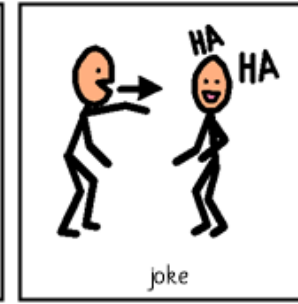
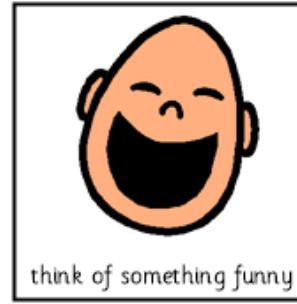
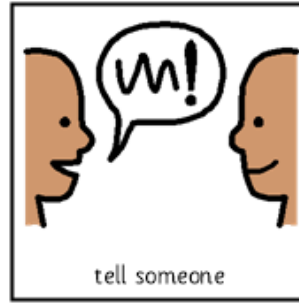
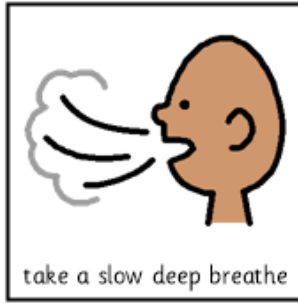
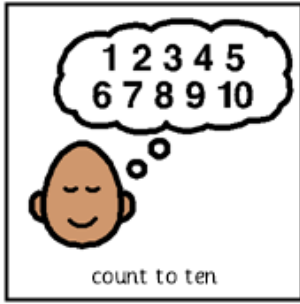


We can try to understand that they may just be angry.



When someone says sorry for how they reacted, it is important for me to accept their apology.





other words for angry

cross	raging	annoyed	irritated
furios	infuriated	irate	hopping mad



I can choose something to help me to feel better..

