

Anger is a common emotion that you will often experience in your interactions with others. How you handle it will affect your relations with others. The activities in this chapter will give you ideas to effectively handle this powerful emotion.

### Before You Begin "Getting Along with Anger"

Find the vocabulary words hidden in the word maze, circle them and write their definitions below. Have fun!

R S U L K M U C O N S E Q U E N C E L P O R  
L T U M K C D R U L M M C B D R U T Q U A E  
X R E V E N G E M T C D E U W I T H D R A W  
A A U J P R O D U C T I V E L Y D U G A D C  
M T M C D I S T R A C T Z S L P O S D A E O  
D E F F E C T I V E L Y B O L U O U G I T P  
A G M N E D Y N S E N S I T I V E Z N A O E  
I Y C R I T I C I Z E A B O J I M I J N R G  
E C K O P A L J O Z L T R A N E G E Y O N Y  
O U M C K I R A D M U C R E S O L V E J M E

Write the definitions below.

- \_\_\_\_\_ suik
- \_\_\_\_\_ effectively
- \_\_\_\_\_ strategy
- \_\_\_\_\_ consequence
- \_\_\_\_\_ revenge
- \_\_\_\_\_ criticize
- \_\_\_\_\_ withdraw
- \_\_\_\_\_ resolve
- \_\_\_\_\_ sensitive
- \_\_\_\_\_ cope
- \_\_\_\_\_ productively
- \_\_\_\_\_ distract