Self Reflection Exercises

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About Greg Frost

Greg Frost is a bestselling author and self improvement coach who has helped thousands of people worldwide achieve their dreams. He believes that it is “Choice, not chance that determines destiny.”

Born within a middle-income family, he has struck out on his own and achieved great success in his relationships, career, health and life. His dream is to touch and improve the lives of at least 10 million people worldwide.

You can find out more about him and his other products at:

http://www.LifetimeOfHappiness.com/
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I allow stress to leave my mind and body quickly and easily.

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Stress is everywhere, but I let it go. It leaves my mind and body in an effortless manner, and I feel calm and healthy. I let go of negative emotions, unpleasant thoughts, and unnecessary worries.

No amount of stress can affect me, make me feel bad, or remain in my body. I am healthy, strong, and calm. Stress does not bother me. It rolls off of me like water off a duck’s back. It is not able to stick to me or bring me down.

My mind is calm and serene. I have no fear. I have no worries. I have no concerns. Everything works out the way it is supposed to as long as I keep moving toward my goals. I have no reason to be afraid of the past, present, or future.

As I release stress, I feel good about myself and my future. Thinking about moving forward makes me happy. Change is growth, and growth is good.

I release any stress caused by or given to me by others. I let go of their thoughts, emotions, and problems, and enjoy peace and relaxation. They must solve their own difficulties. My job is to take care of me, and I do that job very well.

Today, I intend to let stress flow right through me, effortlessly leaving my body and mind.

Self-Reflection Questions:
1. How can I handle stressful situations better than I have in the past?

2. What can I do to let stress pass through me, so I feel better?

3. Why is it important to allow stress to leave my mind and body right away?
I can communicate through a conflict at an expert level.

When I am faced with conflict I know how to handle myself. My first resort is communication. Good communication is cool water for a fiery conflict.

In order to communicate effectively, I take my time to respond, never answering abruptly. I take deep breaths and speak slowly.

I listen to the other person’s point of view. I can listen to others without interruption. When someone is talking, I am genuinely listening and not just planning my next statement.

When I communicate with others, I respect their point of view. My goal in communicating is not to be right, but to be work well with others. I simply need to find a common ground for us to get along and accomplish our goals. When I speak, I communicate my point of view in a way that is easy to understand. My words and tone are chosen carefully.

When others speak to me, I repeat back what I hear to be sure that I understand them. When I speak to them, I ask them to do the same, so I know they fully understand my meaning.

My experience has taught me that people communicate differently. People of different genders or cultures communicate in many diverse ways. I am aware of these differences and honor them when I speak to others.

My speech is free from accusations and whining. I can share my feelings and ask for what I need in order to effect change.

When my speech is clear, I get the results I desire from every conversation.

Self-Reflection Questions:
1. Am I able to talk calmly in a conflict?
2. What is my goal in communicating?
3. Am I a good listener?
I can resolve personal conflicts peacefully.

I can resolve personal conflicts peacefully.
When trouble comes my way I can peacefully resolve the issue.

I grab hold of the positive energy that swirls around me and I use it to help resolve any conflicts that arise in my life. Resolving conflicts quickly with a peaceful nature helps to protect and heal my mind and spirit.

I let go of fear, frustration and resentment. I embrace peaceful conflict resolution because it is what is right.

I am able to emotionally detach myself from tense situations and I look at the conflict objectively. I feel empowered and serene when I view my conflicts in a mature way and deal with them peacefully.

My positive energy helps me to face my conflicts with confidence. I am a strong person and a peaceful warrior for serenity.

Today I will let go of negative emotions and face conflicts fearlessly. I will embrace my abilities to remain calm and solve my problems in a peaceful manner. I will resolve my conflicts and enjoy the serenity that surrounds me.

Self-Reflection Questions:

1. Do I have any personal conflicts in my life right now that I can resolve peacefully?
2. How can I detach my emotions from my conflicts?
3. Have I let go of fear and resentments?
I communicate positively and peacefully.

I exchange words and feelings with others in a positive and calm manner.

When I communicate with others, I first make sure that I am in a positive frame of mind. I do my best to be aware of the things I wish to convey to them.

I remove myself from feelings of anger and frustration before I engage in communications. Preparing myself in this way allows me to remain calm and communicate constructively.

It is difficult to communicate with others when they feel defensive. I am able to lower their defenses and provide a peaceful stage for constructive communication. This opens the door for others to communicate in a positive way as well.

My constructive way of communicating makes me feel empowered. I feel centered, strong, and in control. I know I am fair in my dealings with others.

Today I choose to communicate in a calm, constructive way that offers a peaceful environment. I remain positive no matter what happens and feel confident in the fact that I can walk away with my head held high if I need to.

I feel good about my ability to remain positive and peaceful in my communications.

Self-Reflection Questions:

1. How can I calm myself before communicating?

2. Have I taken the time to understand the situation at hand?

3. Have I communicated my thoughts and feelings constructively?
I deserve to release bottled up stress. I discuss all concerns and feelings regularly.

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I let go of stress and share my emotions every day because I am worth it. I allow myself to feel released from my concerns so I can live a fulfilling life.

I have self-value and I know that I am an important person. I show that I value myself when I allow myself to let go of bottled up stress in positive outlets.

_I let go of the bottled stress with exercise, meditation, and other relaxation methods._

I stay ahead of the curve when I can keep stress from building up in the first place. _I am able to avoid stress build-up by sharing my inner troubles, concerns, and feelings._

Being open to others may be scary in the beginning, but it is always worth it. I enjoy being able to vent my frustrations to my friends and my family. I enjoy releasing my honest feelings and fears with them.

I deserve to be able to release the stress that has bottled up inside me.

Today I will find a positive way to release the bottled up stress that I have allowed in my life. I will also avoid adding to my stress by sharing my fears, frustrations, feelings, and concerns with someone I trust.

**Self-Reflection Questions:**

1. Have I allowed stress to bottle up inside of me?

2. What methods do I use to release bottled up stress?

3. Who do I trust to share my concerns and feelings with?
I release the fear, anxiety, and anger that prevent me from communicating effectively with others.

I release the fear, anxiety, and anger that prevent me from communicating effectively with others.

I am able to communicate effectively because I let go of my negative emotions. I let go of all negative thoughts and emotions that may hinder my abilities to communicate in positive ways.

I am a strong person that has control of my emotions. I take pride in my ability to stay level headed and calm, and I step back from my emotions long enough to think about what I want to convey to others.

Negative emotions, such as anger, fear, and anxiety, impede good communication.

I am able to remain calm and communicate in a peaceful way; my communication is safe when I release my anger.

I am able to take a deep breath and overcome my fears when I communicate; my communication is honest when I release my fears.

I am able to take the time I need to relax and communicate in a way that is focused and productive; my communication is concise when I release my anxiety.

Letting go of anger, fear and anxiety assures me that I can communicate productively.

Today I will take charge of my emotions and allow myself to let go of anxiety, fear and anger to better communicate. I will convey my thoughts and feelings in a positive way that offers safety, focus and productivity.

**Self-Reflection Questions:**
1. How can I control my emotions?

2. Have I taken time to organize my thoughts?

3. How can I let go of fear, anxiety and anger when I communicate?
I choose to let go of frustration and seek peace.

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I am loosening my grasp of the things I cannot change and I accept my limitations.

Choosing to let go of control brings me one step closer to feeling the effects of total peace.

I focus my energy and attention on the things that can be changed in order to avoid frustration. My heart is freed from tension when I choose to have a positive attitude about the things that may not turn out the way I want.

Understanding that life is unpredictable helps me to be flexible and accept change.

I seek to be at peace within myself and with those around me by putting aside our differences and focusing on the things that make us alike. My mind is set on thoughts that are uplifting and are of value.

When I feel stress trying to creep into my life, I retreat to a place where I can regain my peace. I use soft music and calming scents to help me relax after a difficult day.

Using visual imagery, I carry my mind to a place where I am surrounded by peace.

I pray in order to have inner peace. When I pray, I give up my frustrations to a higher power and melt in the arms of peace. Holding on to my frustrations steals my peace, therefore, I relinquish control of those things that bother me and fill my mind with joy.

Today, I choose to spend time in prayer, meditation and relaxation in order to enjoy the effects of peace and forget about the things that frustrate me.

Self-Reflection Questions:

1. Am I willing to accept that which I cannot change?

2. Where can I go to relax when I feel myself getting anxious?

3. What pleasant memory can I think about when I feel myself getting upset?
My mind is a sponge that attracts positive thoughts.

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As I travel through my day, I soak up positivity from each moment. I glean goodness from everything - the aroma of my morning coffee, the jubilance of a puppy, and even a smile from a passing stranger. I am inspired, uplifted, and motivated by all of it.

When I wake up in the morning, I revel in the wonder of the dawn and the freshness of a new day. I give thanks for another day of adventure and look forward to what this day will bring. I take my positive thoughts with me to work and I add to them as the day goes on.

My optimism is contagious as my co-workers and I journey together through a myriad of customers, phone calls, and paperwork.

I find that one positive thought leads to another, and then another, and then some more! My relationships at work with my clients and co-workers greatly benefit from this optimism. It raises both morale and profits, providing a win-win situation for everyone. After work, I rejoice in the company of my family and friends. Because of my positive mindset, instead of being exhausted from trials and tribulations at work, I am energized by the success of my day and I have plenty of time to spare for my loved ones.

Today, I plan to thoroughly enjoy the parade of positive moments that make up my day and share my positivity to uplift others as well.

Self-Reflection Questions:

1. Do I wake up in the mornings excited about the day ahead?

2. What positive things happened to me today?

3. How can I soak up more positivity from my every day experiences
I communicate effectively with others.

Effective communication extends beyond making a clear point.

Communication is about understanding others as well as being understood. I work hard at communicating with others so I can live in harmony with the world around me.

Regardless of the type of communication: verbal or non-verbal, explicit or implied, I use empathy to be able to understand others. My speech is marked by a polite tone, a warm vibe, and carefully chosen words. I practice a healthy balance of speaking and listening.

My listening skills make me successful at communicating with others. When I listen to others, I give them my full attention without planning the next statement in my head. I pause and truly hear what others have to say before I respond.

I am able to place myself in the shoes of others. I can see the world from others’ points of view free from judgment. Even when I disagree with someone I try to understand his or her point of view.

When faced with a difference of opinion, I maintain my position while still being respectful. I diffuse tension with my joyful personality. My character is an asset to my ability to communicate. People love to be around me because of how I make them feel with my charm and wit.

Today, I am a magnet for constructive conversations. I repel all misunderstandings by being slow to speak and free from judgment. I measure my words with wisdom and listen with empathy. I speak clearly in order to help others understand what I have to say.

Self-Reflection Questions:

1. How can I be a better listener?

2. What can I do to improve my verbal communication?

3. Does my personality make others feel comfortable when speaking to me?
I forgive quickly.

When someone hurts me, I choose to forgive him or her as a way to free myself from a grudge. Forgiveness allows me to turn the page and end a chapter of bitterness.

As I let go of past hurts, I feel the chains begin to fall and I become a liberated individual at peace with myself.

The sooner I make the decision to forgive, the less time I will have to harbor negativity in my heart. The quicker I get rid of the hurt, the less of it will remain.

The healing process may take time, but in the end, the freedom is worth it. When I forgive quickly, I remove resentment from my mind and get back my ability to focus or concentrate on daily tasks.

My relationships flourish because I am unaffected by worry and distraction. I forgive as fast as I can because I am determined to repel all negativity from my life. I walk through life free from the burden of resentment. Positive thoughts and emotions rule my mind.

Prayer is the tool that enables me to reach the place of forgiveness. When I pray, I am honest with myself about how I feel. I ask for strength and courage to move on with my life without any anger for the offense.

Today, I choose to believe in the possibility of a better future by forgiving those who hurt me. I use my energy to form new relationships with peace of mind and a happy heart.

Self-Reflection Questions:
1. Who do I need to forgive today?
2. Why is it important to forgive quickly?
3. Am I allowing old wounds to keep me from my destiny?
I am enhancing my communication abilities by overcoming conflicts effectively.

Open and honest communication is essential for the healthy development of my relationships. For this reason, I strive to keep the big picture in mind whenever I find myself in conflict with someone else.

I step back from the situation to provide time to cool off before we discuss the matter at hand. Rarely do issues need to be resolved on the spur of the moment; allowing time away from the conflict often produces far more productive communication.

When I am ready to talk, I make sure to discuss the issue at hand rather than attacking the person. I may be angry and that’s okay. I know it is both impossible and unhealthy to deny negative emotions. I accept them and strive to deal with them in a positive way.

I strive to bear in mind my long-term goal of nurturing the relationship. For this reason, I let go of any childish desires for revenge and put my focus on creating understanding and developing workable solutions.

I tell the other person how I feel and remain open to hearing how they feel as well.

In the heat of the moment, my perspective always seems like the most valid one, but I recognize that there are always at least two sides to every story.

Because I treasure the health of my relationships far more than I value proving myself right, I make a conscious effort to facilitate communication and understanding whenever I find myself in conflict.

Self-Reflection Questions:
1. When I find myself in conflict, do I take time to calm down before I respond?
2. How do I show others that I value their point of view?
3. Do I attack issues or people?
I choose to discuss personal issues without conflict.

I feel less stress and have better communication in my life because I can talk about personal concerns in a positive manner.

*Discussing my personal issues is the healthiest thing I can do.* I choose to let go of conflict when discussing these issues so I can remain open to communication.

When I have feelings like defensiveness, anger or sadness while dealing with my personal issues, it can cause stress in my life. However, when I choose to take control and let go of negativity, the stress dissipates also.

In the same way, others feel better about discussing their personal issues with me when I keep conflict out of the situation.

Today I choose to remove conflicts from my life. I am also helping others by discussing personal issues positively. In doing so, I become a leader of open communication, which leads me to stronger relationships and a happier life.

**Self-Reflection Questions:**

1. What are some unresolved conflicts in my life?
2. What are some ways I can eliminate these conflicts?
3. How may it benefit me to remove conflict when discussing personal issues?
I consider the feelings of others.

Because I value those who enrich my life by their presence and love, I consider their feelings in my words, actions and decisions.

While I have let go of the idea that other people’s feelings should dictate my actions, I consider the effects that my choices will have on those closest to me and bear that in mind. I recognize that their feelings and concerns are as valid as my own.

Life is like a pool of water. When I toss in a pebble, those around me feel the ripples. Every action I take and every word I speak affects others.

I have let go of the idea that I should be able to operate in a vacuum; I want a far richer life than that would provide anyway! I feel gratitude for the community I live in.

I know that building and sustaining a community where all members feel supported and valued requires a conscious effort by all members.

Therefore, I take time to think honestly about the effects of my actions on those I love.

There are times when I am affected by the decisions of others. As an adult, I have the choice to walk away from circumstances if I feel that someone is putting me in an unhealthy or intolerable situation.

I do have freedom, but their choices still affect me. I greatly appreciate it when others take the time to consider the effect of their choices on my life. In return, I grant the same concern for the feelings of others that I desire from them.

Self-Reflection Questions:

1. Do I consider the feelings of others when I make decisions?

2. Have I taken the time to ask those closest to me how they feel about my choices?

3. How do I show my loved ones that their feelings are as valid as my own?
I do not blame others for personal disagreements.

My life is about growth. Finding new ways to allow myself to grow is an important aspect of who I am. One of the ways I encourage growth in my life is to learn how to deal with personal disagreements.

Blaming others is a wasteful action. Because I want to live a productive life, I do not blame others for our disagreements.

Since I can only control my own thoughts and actions, I do not waste time or energy thinking about how I could change another person’s choices.

Recognizing the role I played in a disagreement is important. If I have done something rash, said something hurtful, or neglected to be the best person I could have been, then I am at least partly responsible.

Taking ownership of my responsibility is a courageous action! Looking within myself and honestly evaluating how I can become a better person is invaluable. This self-evaluation process gives me an opportunity to grow.

The fact that I have a disagreement does not worry me. The world is filled with a variety of different personalities, and because everyone has different experiences, it makes sense that there will be times when people disagree.

Learning how to move past disagreements in a mature and responsible way is what is important to me.

Because I am respectful, I do not put blame on other people. Bitterness and grudges are not things I want in my life. By letting go of these feelings, I allow myself to thrive.

Self-Reflection Questions:

1. How can I use self-reflection to honestly evaluate my role in a disagreement?

2. What have I learned from my disagreements with others?

3. Do I take actions to move past disagreements in a mature and responsible way?
I have the courage to walk away from unnecessary conflict.

I have the courage to walk away from unnecessary conflict.

When others try to engage me in unnecessary conflict, I simply walk away. I know better than to waste my time and energy trying to communicate with someone who just wants to argue. If the other person honestly wants to listen, then I am open to sharing my views. But if the person simply wants to quarrel, I am not afraid to end our interaction.

I am free from the need to always be right and convince others of my point of view. I have enough self-confidence and courage to leave a pointless argument behind.

When I walk away from those types of situations, I keep my inner self intact. I do not give my power away by engaging in unnecessary conflict. Part of being a great communicator is knowing when to speak and when to be silent. I walk away from meaningless disagreements because I deserve to live a life free from conflict and stress.

As I seek to enjoy a positive life, I run toward healthy interactions and away from negativity; I do not entertain conflict because it is like a shower of negativity.

Each time I walk away from unnecessary conflict, I add value to myself. Others respect me because I uphold a high level of communication. Since they know I will not give them the satisfaction of a quarrel, they rarely try to engage me in conflict.

As a result of walking away from conflict, I live a peaceful life. My mental health is in great shape because I do not allow insignificant conflicts to rattle me.

Self-Reflection Questions:

1. What can I gain from walking away from unnecessary conflict?

2. How can I protect my inner self?

3. Do I know when I should speak and when should be silent?
I think of others before thinking of myself.

I know that we are created to live in community and help each other. This holds especially true for those who do not have the power to care for themselves: the elderly, the disabled, and the children.

I think of others before I think of myself. They need me and I can help them. My needs may be great, but their needs are greater.

Once, not so long ago, I was the one who was dependent for food, clothing, shelter, education, and even affection on someone older and more powerful than myself. I understand because I have been there.

Now that I am grown, I am fortunate to be strong and healthy. Not everyone has that privilege. I am grateful for my blessings and strengths.

I help those less fortunate simply because I can, because it is a privilege to be able to do so, and because what I give of myself to my community comes back to bless me many times over.

I never forget that my health, strength and prosperity are given to me for a season and a purpose. I stretch my arms wide to think of others before thinking of myself.

I also think of my friends and family before thinking of myself. They may be able to care for themselves, but other needs are important to me.

If they need help with a problem, I am there to share my wisdom. If they need uplifting, I am there to shore them up. If they need support, I am there to give them the confidence they need to move forward toward their goals.

Thinking of others before thinking of myself brings me satisfaction, joy, and fulfillment.

Self-Reflection Questions:

1. Do I treat the weak and helpless like I would want to be treated?

2. Do I recognize the value of thinking of others?

3. Do I view my strengths as privileges to be shared?
I am a better me today because I endured and overcame conflict.

I am a strong and more confident person because I can overcome conflict. I make the conscious decision to discuss my difficulties, rather than run from them, and I can stand my ground. I am who I am today because of everything that has occurred in my life.

My experiences have given me the opportunity to be stronger, braver, and look at things in a new light. *I choose to learn from difficulties and succeed.*

Many people have conflict in their life, and I am no exception. However, I refuse to be the victim, nor do I allow the conflict to have adverse effects on me. I choose, instead, to conquer my conflicts.

I have the choice to let conflict win or to overcome conflict and be the victor. *I choose to overcome.*

I can endure anything that life throws my way and I make the most of every opportunity. I continue to apply what I have learned to make my life what I want it to be.

I lend my experience and my strength to others so that they, too, may be victors over their own conflicts.

Today, I will live life as a champion over my conflicts. I will offer my strength to others and use my experiences to gain a brilliant wisdom.

**Self-Reflection Questions:**

1. Have I made the conscious choice to overcome adversity?
2. How can I endure difficult situations?
3. How have I grown through my life experiences?
I am at peace with others because I choose to interact positively.

My relationships are a great source of happiness for me. I take time to nurture them, knowing that peace flows out when I am on good terms with those I love.

Daily life brings me many opportunities to interact positively with people so I can build them up. When I do, they often return the favor, lifting me up also.

*I believe that what I send out comes back to me ten-fold.* I choose to act and react positively so peaceful thoughts and actions will return to me.

I do not need a big event, such as a holiday or a birthday, to show love. Complimenting my child on a chore well-done or helping my spouse feel my support are more important and meaningful than any gift I could buy.

My love begins with my family, but it does not end there. I carefully choose positive words during my interactions with each person who crosses my path, from the bus driver to the homeless man on the corner.

I am at peace with myself by showing respect to my neighbor at all times. After all, *we all deserve to be treated with dignity.*

**Self-Reflection Questions:**

1. How do I lift up others in my daily life?

2. Have I been shortchanging myself by not treating someone with dignity?

3. How can I show respect to someone I have ignored or overlooked?
I can manage any stress I face in my life.

I can manage any stress I face in my life.

I am a strong and creative person and I have many tools I can use to deal with any stress that presents itself in my life. I can fully experience my life without fear.

I disallow stress to build up and cause harm to me mentally or physically. I lead a healthy and productive life because I proactively manage my stress.

I use music, meditation, exercise and relaxation as tools to release tension. Stress does not control me; instead, I am in control of my stress. Music lifts my spirits and helps me release the pressure of my work life; I turn on peaceful music on my way home from work.

Meditation is a tool I use in the mornings to protect me from anxiety. I fortify my defenses by spending time in meditation or prayer in the morning. I can effectively manage and release stress in my life through exercise. This renews me and releases physical tension, while strengthening my body.

I release my day’s stress in the evening by taking time to relax my body and mind.

Today, I will use my tools to effectively manage my stress. I will take time to build my defenses with meditation and relaxation and I will release stress and strengthen myself through exercise. I am in total control of my stress.

Self-Reflection Questions:

1. What tools do I have at my disposal to manage my stress?
2. How can I build up my defenses to manage stress?
3. How has effectively managing my stress improved my life?
I can manage stress because I know I cannot control the uncontrollable.

I can manage stress because I know I cannot control the uncontrollable. I can manage stress because I accept what is out of my hands. I am only one person and my energy and resources are limited so I let go of the idea that I can change everything.

I recognize that others are involved in the equation. Because I live and work with people, not puppets, I accept that I will not always get my way.

As an adult, I have the option of walking away from any situation that I deem to be unhealthy. When I choose to remain in a situation, however, I am choosing to allow the others involved to voice and act upon their own opinions.

I can - and do - express myself on issues that matter to me or my community, but I let go of the idea that I can change other people against their will. I can either find a way to work with their ideas and opinions, or take a different path with a set of people whose expectations more closely match my own.

Because I let go of the idea that I can somehow mold people or situations to my liking, I am free from the stress of feeling responsible for things outside of my control.

Self-Reflection Questions:

1. Am I treating my family and peers as people or puppets?

2. Have I been trying to change any situation that is outside my control?

3. Do I need to move on from a particular situation that I find unhealthy?
I like the way I am able to handle my anger. I am not afraid to feel angry.

I am able to handle my anger in a healthy manner. Feeling anger is normal and I am able express it in appropriate ways.

Knowing that the way I express my anger is healthy and appropriate makes me happy and empowers me.

Using skills like deep breathing, looking at the situation from the point of view of others, and detaching myself from the situation allows me to handle my anger in a way I am proud of.

I am unafraid of feeling anger because I am aware that it is a normal reaction to something that upsets me. Feeling anger is acceptable to me because my emotions are all important to me. I am permitted to feel anger as well as every other emotion.

I know that I am able to deal with my anger in a way that I am comfortable with, and this builds my confidence. Today, I will embrace my anger and remain confident in my ability to handle it effectively. I will use my skills to make sure I act appropriately and keep my reactions focused and positive.

**Self-Reflection Questions:**

1. What are some skills I use to handle my anger?

2. How can I keep myself from over-reacting to my anger?

3. What do I like about how I deal with my anger?