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www.therapistaid.com/therapy-worksheets/anger/children

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### Anger Management Skills (Worksheet) | Therapist Aid

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#### Coping Skills Worksheets for Adults - Stress Management

stress.lovetoknow.com/stress-management...skills-worksheets-adults

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#### Anger Management Curriculum - LoveToKnow

stress.lovetoknow.com/Anger\_Management\_Curriculum

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#### What is Anger Management? Types of Anger and its Causes

www.self-improvement-advice.org/what-is-anger.html

Image License: XS © coldwaterman. **Anger** is a strong emotion, expressing displeasure, towards someone or something. But it can be worse. Research suggests that ...

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