

Self-Identify Anger scenarios:

L3

A document you have been working on for an hour accidentally was erased from your computer.
How can you handle this situation?

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You just finished sorting all the library books when a young child started pulling lots of books off of the shelves carelessly.
How can you handle this situation?

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Your instructor returned an assignment to you, and you got a really bad grade on it. You feel very angry and shocked.
What do you do?

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Your supervisor comes to you and tells you that you did a task incorrectly, and you need to do it all over again. You feel very mad.
How do you handle the situation?

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You are playing a game with some people in your group. Another person wins and they are bragging about it. You are feeling really annoyed.
How do you handle the situation?

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Someone at work says something really rude to you, and it makes you feel really angry.
How do you handle the situation?