

# Adventurer Family Network

## Next Time Worksheet



.....

Next time I feel angry about \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_, I will first

\_\_\_\_\_.

I will recognize that I am angry about this because

\_\_\_\_\_

\_\_\_\_\_.

I will share my feelings with \_\_\_\_\_

\_\_\_\_\_

by saying \_\_\_\_\_

\_\_\_\_\_.

I will use my anger energy to \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_.”