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# ANGER MANAGEMENT DISCUSSION CARDS



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**Someone blames  
you for causing  
trouble when you  
are in class. You  
know you didn't  
cause the trouble  
– and you know  
who did.**

**You really like  
your friend but  
she keeps saying  
horrible things  
about you to the  
new girl at  
school. This is  
the third time  
it's happened.**

**A referee doesn't  
give a penalty for  
something you  
think was  
obviously a foul  
and you and  
your family shout  
at him on the TV.**