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- Stress
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Therapy worksheets related to **Anger**

Anger Iceberg worksheet

The Anger Iceberg represents the idea that, although anger is displayed outwardly, other emotions may be hidden beneath the surface. These other feelings—such as sadness, fear, or guilt—might cause a person to feel vulnerable, or they may not have the skills to manage them effectively. By exploring what’s beneath the surface, clients can gain insight into their anger, such as other possible treatment avenues. For...

Anger Stop Signs worksheet

Anger Stop Signs introduces children to anger warning signs through simple writing and fun activities. Warning signs are clues that your body uses to let you know your anger is growing. When kids learn to identify their own anger warning signs, they can intervene before their anger grows out of control...

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Deep Breathing worksheet

Deep breathing is a popular relaxation technique that helps to control the