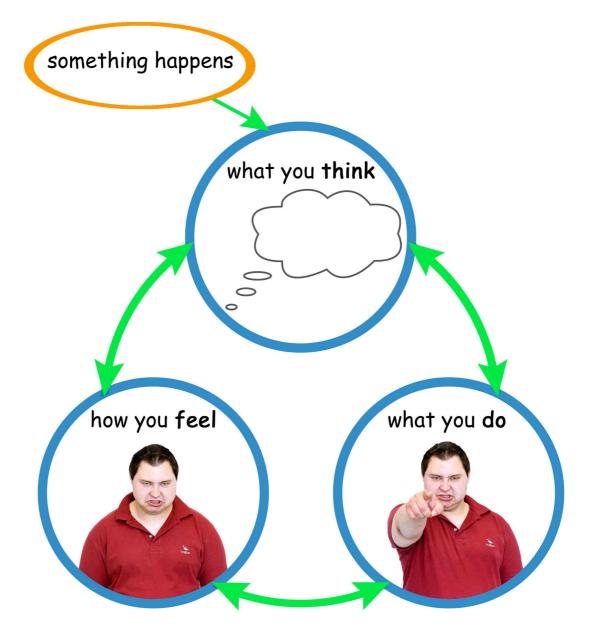
Linking thoughts, feelings and behaviours

for anger

• an example for feeling angry



- what you think no-one's listening to me
- how you feel angry, upset
- what you **do** fight, hit someone, shout