

# Where are you on the scale?

Control the anger. Don't let the anger control you!

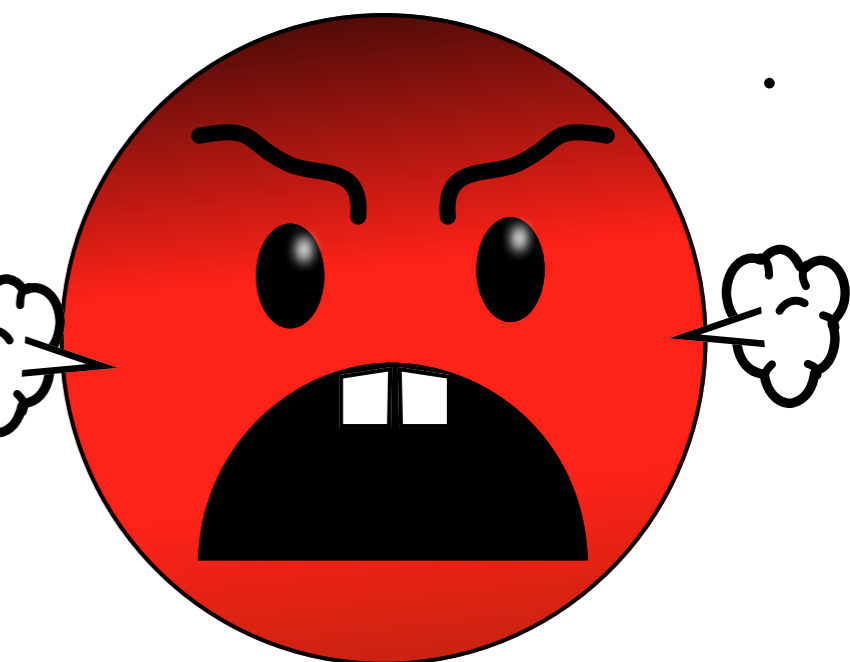
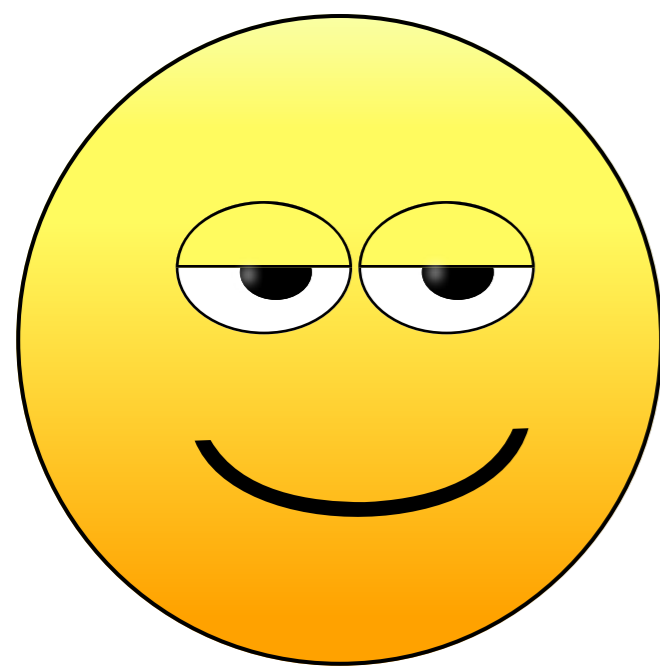
1

2

3

4

5



CALM

OK

ANNOYED

ANGRY

FURIOUS

Use your calming strategies...