



## You are doing well, but can improve.

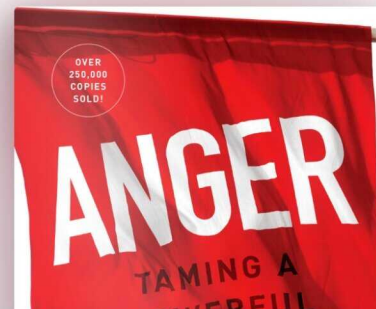
Your results are indicative of someone who likely handles your anger well in many situations, but there are still times when your anger is handling you. Recognize the areas where you are doing well in handling your anger, but also be cautious that your anger is not getting out of hand in other ways.

Think about the situations where your anger comes out most often. Is it with loved ones? At work? What happens when you react angrily? Are you a shouter, or do you turn your anger inward? What words do you tend to use? What feelings tend to come out when you're angry, and how do those feelings find expression, in good ways or bad?

### Anger - Taming a Powerful Emotion

Are you handling your anger, or is your anger handling you?

Helpful (and sometimes surprising) insights into why you get angry and what you can do about it.



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