

FADE

Please take a moment to sit down and imagine how life will be when you're better able to manage your anger. Close your eyes or focus on a spot on the floor. Allow yourself to imagine a time, perhaps a few months from now, when you don't let your anger get the best of you. Record your experience below.

Feel (Imagine how you will feel both physically and emotionally if you were to manage anger better):

Appear (Imagine how you may appear differently to others if you were to manage anger better):
