

Assessment & Portfolio Guide

Lesson 9: Identify the Meaning and Causes of Anger



When are you angry?

Lesson 10: Recognize the Physical Responses to Anger



How do you control an adrenaline reaction?

Lesson 11: Practice Controlling the Physical Reactions to Anger



How can relaxing help you?

Lessons 12 & 13: Learn a Process for Controlling Your Anger & Control Your Anger on the Job



How do you control your anger?



Add your completed **Staying In Control** log to your *Transition Portfolio*.

Lesson 14: Respond Assertively when Accused



Why does blaming have a negative outcome?