**Name**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Homeroom**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***Quotes on Managing Anger***

**Directions:** Review the quotes below. Paraphrase what they mean in your own words and then decide whether you agree with the quotation. Explain why or why not.

|  |  |  |
| --- | --- | --- |
| **Quote** | **Paraphrase the Quote** | **Do you agree with this quote? Why or why not?** |
| “Without goals, and plans to reach them, you are like a ship that has set sail with no destination.”  Fitzhugh Dodson |  |  |
| “If you speak when angry, you’ll make the best speech you’ll ever regret.”  Groucho Marx |  |  |

***Quotes on Managing Anger* (Continued)**

**Directions:** Review the quotes below. Paraphrase what they mean in your own words and then decide whether you agree with the quotation. Explain why or why not.

|  |  |  |
| --- | --- | --- |
| **Quote** | **Paraphrase the Quote** | **Do you agree with this quote? Why or why not?** |
| “A moment of patience in a moment of anger saves you a hundred moments of regret.”  Unknown |  |  |
| “Anger doesn’t solve anything. It builds nothing but it can destroy everything.”  Thomas S. Monson |  |  |

***Quotes on Managing Anger* (Continued)**

**Directions:** Review the quotes below. Paraphrase what they mean in your own words and then decide whether you agree with the quotation. Explain why or why not.

|  |  |  |
| --- | --- | --- |
| **Quote** | **Paraphrase the Quote** | **Do you agree with this quote? Why or why not?** |
| “Neurologists claim that every time you resist acting on your anger, you’re actually re-wiring your brain to be calmer and more loving.”  Unknown |  |  |
| “Any person capable of angering you becomes your master; he can anger you only when you permit yourself to be disturbed by him.”  Epictetus |  |  |

***Quotes on Managing Anger* Reflection Questions**

**Directions:** Answer the following questions in complete sentences.

1. Which of these quotes did you relate to and why?

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1. Why do you think that Thomas S. Monson believed that anger “can destroy everything”?

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1. What might your own quote be on the subject of anger?

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