

# Anger Pros and Cons

There are good and bad things about anger. If there was nothing good about anger, then nobody would chose to continue to be angry. Fill in the list of pros and cons for anger and you make the decision if you want to be angry or calm.

Good things about anger	Bad things about anger
Example: Getting your way	Example: Getting thrown in the slammer

Better your relationships. Manage your Anger. Calm yourself.