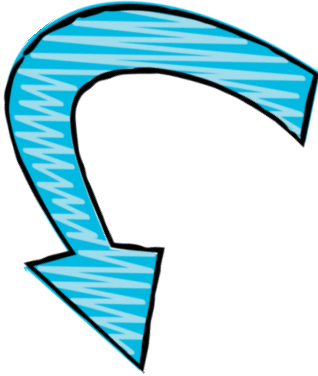


Situation that triggered my anger



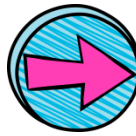
A large, empty rectangular box with a decorative, scalloped border, intended for writing the situation that triggered anger.

What I did

An empty rectangular box with a decorative, scalloped border, intended for writing what the person did.

Consequences

An empty rectangular box with a decorative, scalloped border, intended for writing the consequences.



Next time, I will

An empty rectangular box with a decorative, scalloped border, intended for writing what the person will do next time.

Credits



[Morpho Science](#)

-Thank you for the frames
& arrows