

TEEN HANDOUT 2

BEFRIENDING ANGER, BECOMING KINDER

Create a quiet space, pause, reflect, and write down your responses to the following questions:

1. What makes you most angry?
2. What helps you feel less angry?
3. What does your anger have to teach you?
4. What tradition or spiritual practice helps you?
5. Can you imagine living more calmly with your anger?

Adapted by Tereza Gomes from Miriam Greenspan (2003)
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