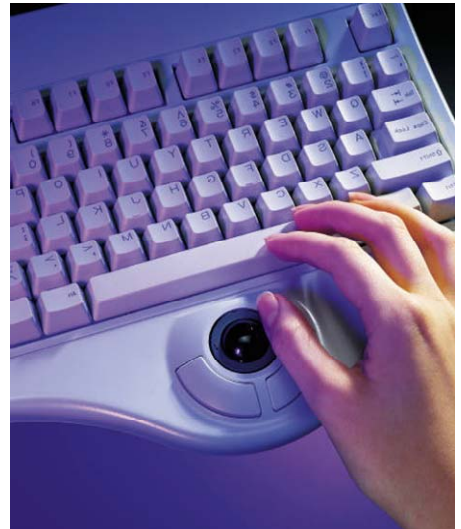


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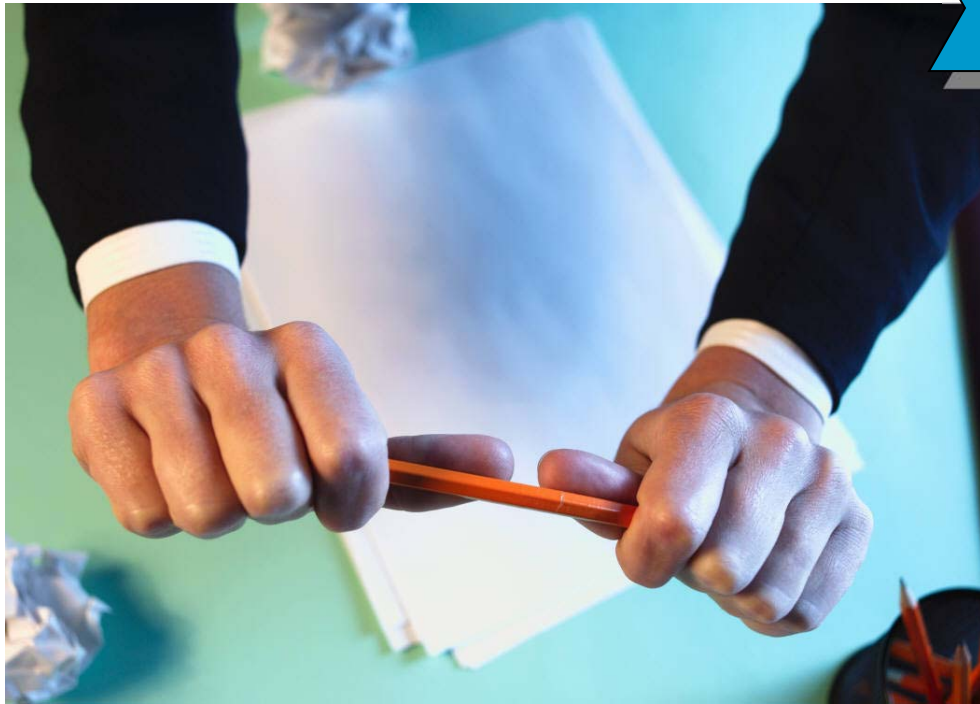
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## MANAGING ANGER & FRUSTRATION

- What is anger?
- Meanings we assign to anger
- Changing anger coping responses
- Breaking out of the victim trap
- Analyze your anger and do it better next time

**6-HRS**