

## Exercise for Releasing Meaningless Anger

My Commitment: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Do I have Control? "Yes" or "No"	Angering Situation
	1. _____ _____ Action? _____ Root Cause? _____
	2. _____ _____ Action? _____ Root Cause? _____
	3. _____ _____ Action? _____ Root Cause? _____
	4. _____ _____ Action? _____ Root Cause? _____