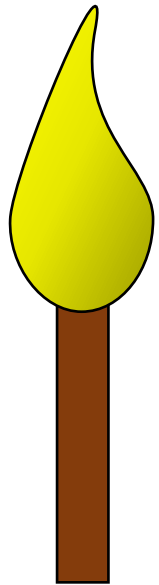


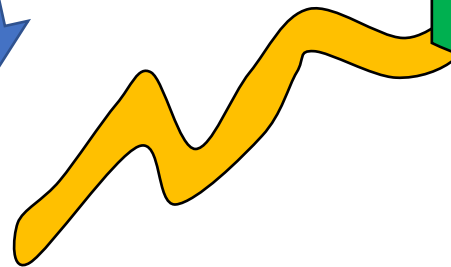
The Firework...

The 'Anger Firework' is a good way of remembering how anger works and how to defuse your anger before it really explodes.

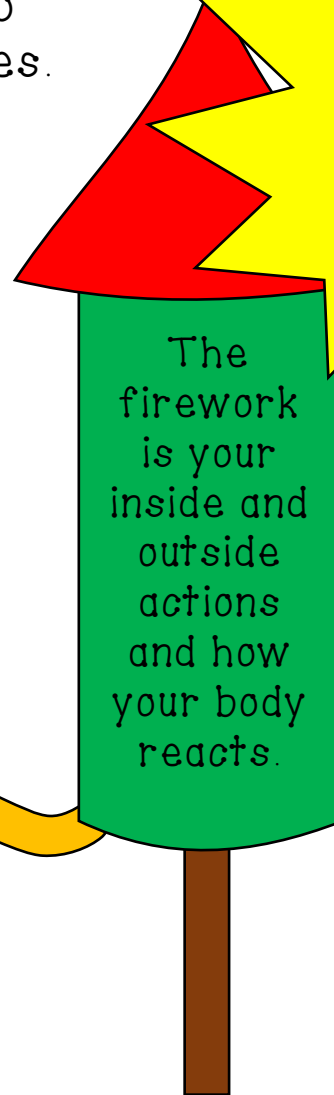
The match is the Trigger



The fuse is all your thoughts and feelings



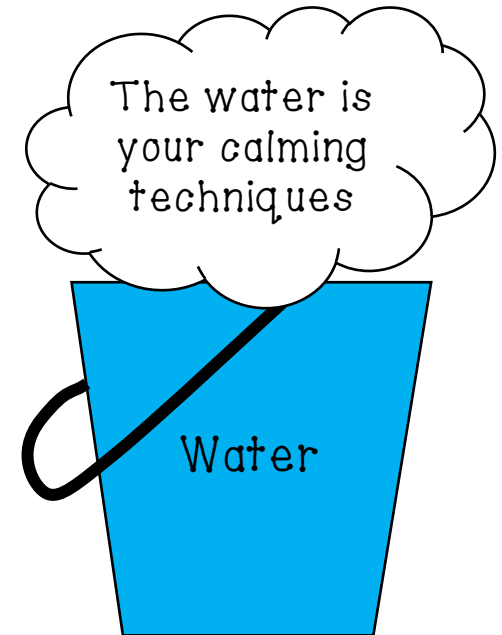
The firework is your inside and outside actions and how your body reacts.



The explosion is your anger



The water is your calming techniques



Water