## Worksheet: Angry, Who Me?

Write several paragraphs using anger to react to the prompt. Also explain how often anger is your reaction to situations.

You were recently offered a prominent position with a reputable company. This is the opportunity you have been waiting for in order to break into the industry of your dreams. The only drawback for you is that you have to move 600 miles away from where you currently live. This will be a great distance between you and your family, friends and everything you know. You decide this new job is worth the move and decide to accept it. Once you get to the new company, you realize the position is not at all what you were told it would be.

What do you say? What do you do? How often do you use anger to react to situations such as this?

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