

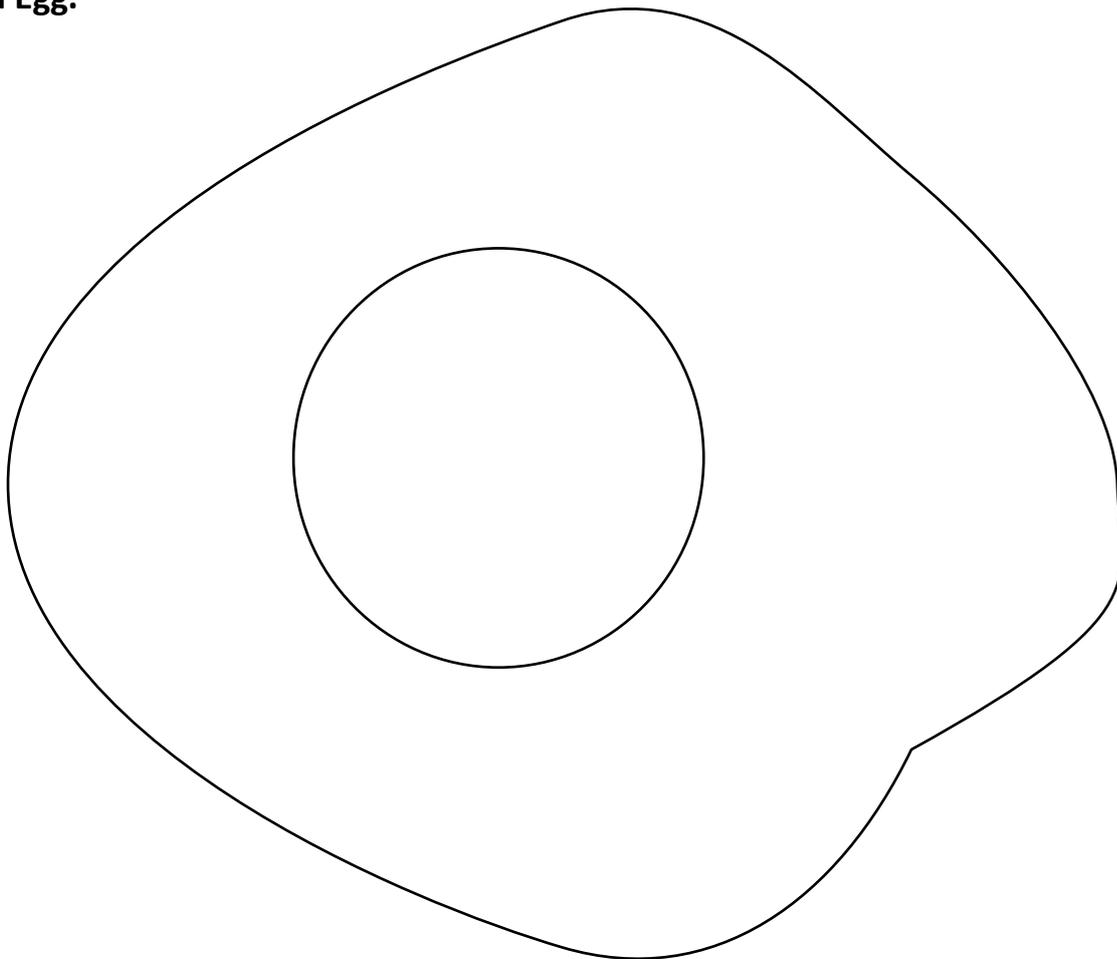
It is good to talk.

If you wanted to discuss your angry feelings with someone, what kind of characteristics would this person have?

We all need someone to talk to, & this can be friends, a family member or a professional. Everyone needs someone who plays a positive influence in his or her life especially when you are upset or angry. You can probably think of someone already, maybe a person who has the characteristics that you listed. A person or group of people you can go to when you are angry or need support or advice. A good listener & a calming influence, an overall good egg!

Complete the Good Egg Support illustration below of those people you can turn to when cracking up or losing it. In the yolk, list those that support you when angry & in the white list those that support you generally. Now explain what makes each person a positive influence in your life.

Good Egg.



'Celebrities have an 'entourage' or a team of people around them to support them & make sure they make the right choices. Look above at the 'good eggs' who are your support. Wow, what a team around you, like a personal entourage, they are your 'Turn-To Team' & a great strategy to resort to when feeling angry'.

