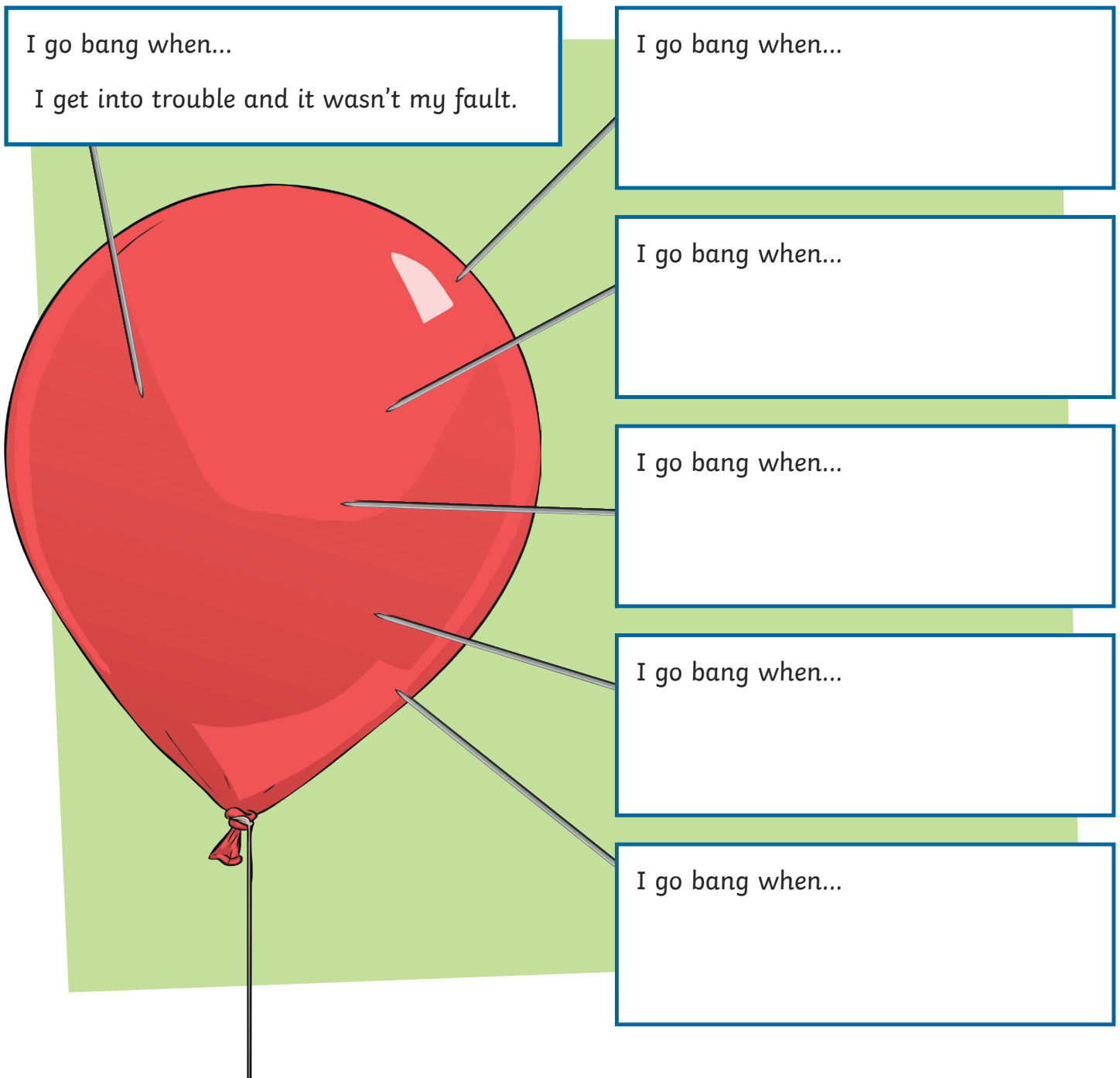


What Makes You Go Bang?

When we get angry, our behaviour can be described as 'going bang'. This is when we react so differently to normal that we end up causing a scene that can be harmful to us and those around us. Most people get angry at times but the level of anger is different depending on the situation.

Some people react strongly when something is unfair, out of their control or wrong and they can't fix it. Understanding what makes you react angrily is the key to help you calm your anger and stop 'the bang'.

So, what are the things that make you want to go 'bang'?



I go bang when...

I get into trouble and it wasn't my fault.

I go bang when...

I go bang when...

I go bang when...

I go bang when...

I go bang when...