

*Cut out this card along the dotted lines,
and carry it with you in your wallet.
(See page 188.) You may want to make
several copies or laminate it.*

IN CASE OF ANGER, READ THIS

Anger is a destructive
emotion.

The first person damaged
by my anger is me.

Action taken when I am
angry is going to be irrational
and probably stupid.

I can, if I choose,
reduce the amount of
anger in my life.

As I reduce anger, I will be
happier and more effective.

