

PATHS[®] Supplementary Activity

Anger Can Hijack You

Name _____

Date _____

One gray, rainy afternoon, Samantha was feeling _____ and _____
angry lonely
when her best friend, Anna, called her on the phone.

“Can you go to the mall with us?” asked Anna.

Samantha felt _____ and _____. “Hold on. I’ll go ask my mom,”
happy excited
she replied. But Samantha’s mom told her that she couldn’t go to the mall with her
friends. Samantha’s mother was _____ because Samantha hadn’t cleaned her
angry
room for two weeks, even after being reminded several times.

“All my friends get freedom,” complained Samantha, who was feeling _____
angry
and _____.
jealous

“Well, maybe they are more _____ and keep their rooms clean,” responded
responsible
her mother.

Samantha stomped back into her room and slammed her door. “Don’t act so
_____,” her mother shouted.
mean

“Robin,” Samantha shouted. “I’m sorry!”

“The words don’t mean anything,” said her mother, “if you say them with

_____ in your voice.”
hatred

Samantha knew that her mom was right. But it was really hard to be _____
kind

when she was still feeling so _____ and _____. At the same time,
angry hurt

she also felt _____. The more her mother stood there staring at her, the more
guilty

_____ and _____ Samantha felt.
ashamed guilty

“I’m really sorry,” whispered Samantha. This time her voice was _____
sad

and _____. “Sometimes it’s just so hard to control myself when I feel
humble

so _____.”
angry

Samantha’s mom sat down next to Samantha and put her arm around her. “We all make mistakes,” her mother said gently. “But we need to learn from them and repair the problems we’ve caused. That’s why you need to really mean it when you apologize to your sister.”

“OK,” sniffed Samantha. She knew that her mother was right. Her mother was even

right about cleaning her room. “You know, Mom, I hope I can grow up to be as

_____ as you are.”
smart

“Oh, you will,” replied her mom as she kissed Samantha on top of her head. “You will.”

Samantha felt warm inside, because she knew that she was both _____
loved

and _____.
respected