

Anger Cycle

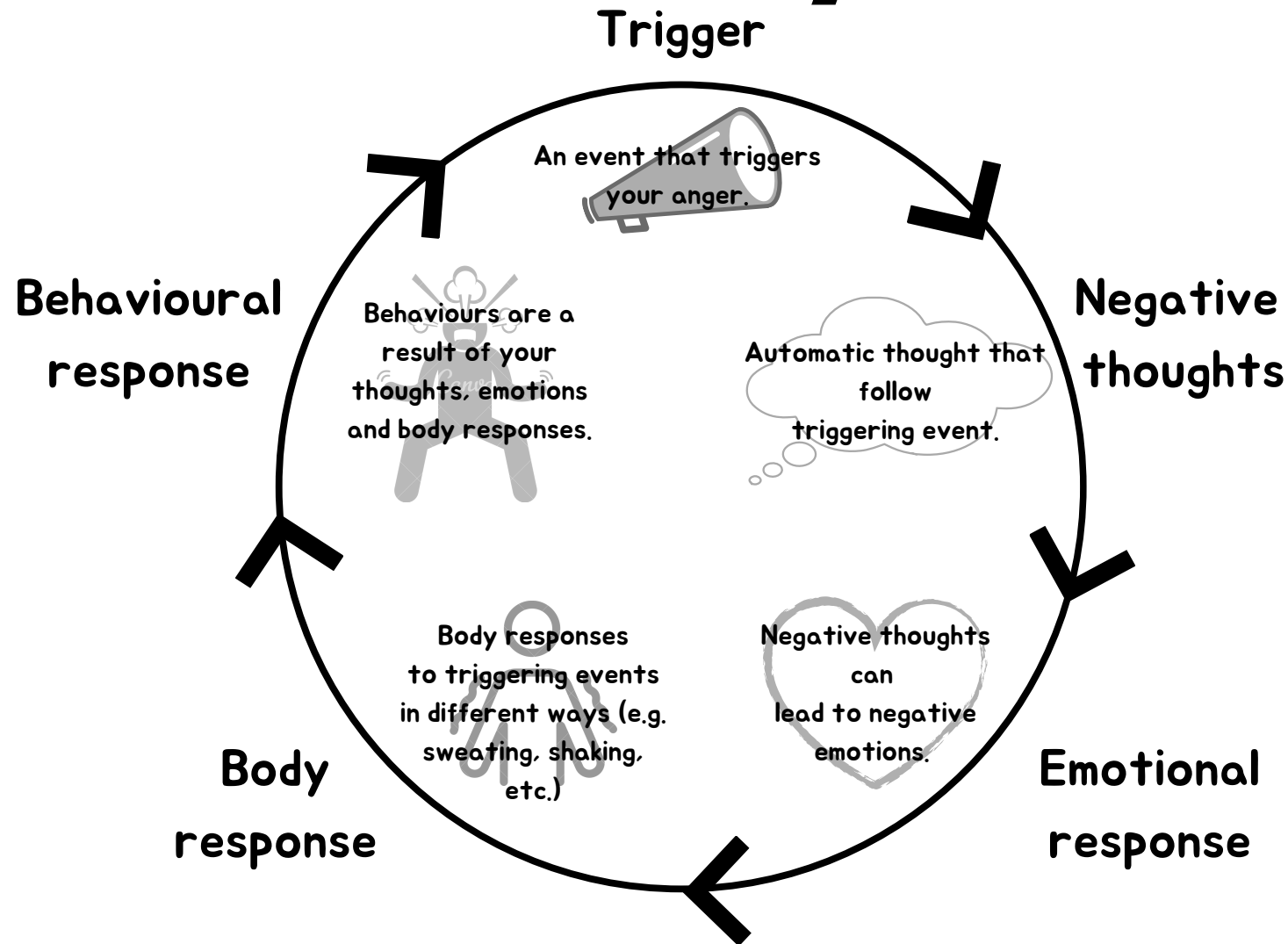


Illustration adapted from Langelier, C. A., & Connell, J. D. (2005). Emotions and learning: Where brain based research and cognitive-behavioral counseling strategies meet the road. River College Online Academic Journal, 1(1), 1-13.