

PATHS[®] Supplementary Activity

Anger Can Hijack You

Name LOZ

Date 1-8-2021

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

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

Samantha felt Beaming and frenzied. "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 Angry 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 fury
angry
and Covetous.
jealous

"Well, maybe they are more Accountable and keep their rooms clean," responded
responsible
her mother.

Samantha stomped back into her room and slammed her door. "Don't act so

Mean," her mother shouted.
mean

The more Samantha thought about it, the more hostile she became. In fact,
 angry
 Samantha began to feel like her rage was hijacking her. She also began to
 anger
 feel defiant. "No one gets to be the boss of me," she thought.
 stubborn

Just then, Samantha's little sister Robin came into her room. "Can you help me?" she asked
 in a whisper little voice.
 sad

Samantha's anger was so strong that it felt out of control. Even though her
 anger
 sister hadn't done anything wrong, Samantha turned all of her hatred toward
 hatred
 her sister. "You are so inferior and stupid!" yelled Samantha. "Why
 inferior stupid
 don't you go bother someone else!"

Samantha's sister began to cry. She felt hurt and provoked. "You are
 hurt provoked
 so mean! Mom, Mommy!" she sobbed as she ran out of the room. "Samantha's
 mean
 being cruel to me!"
 mean

"Oh, great," thought Samantha, and she began to feel worried. She knew that
 worried scared
 her mother was going to be combative.
 angry

Sure enough, when Samantha looked up, her mother was standing in the doorway with
 her arms crossed. Samantha knew she was in trouble.

"What made you act so harsh?" her mother asked. "I know you felt
 harsh mean
angry at me, but why did you take it out on Robin?"
 angry

Samantha began to feel remorseful. "I'm sorry," she muttered.
 remorseful guilty

"Well, you need to tell your sister that."

"Robin," Samantha shouted. "I'm sorry!"

"The words don't mean anything," said her mother, "if you say them with

disrespect
hatred in your voice."

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

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

she also felt regretful. The more her mother stood there staring at her, the more
guilty
disgraced and blameworthy Samantha felt.
ashamed guilty

"I'm really sorry," whispered Samantha. This time her voice was blue
sad

and average. "Sometimes it's just so hard to control myself when I feel
humble

so irate."
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

brainy 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 admired
loved

and prized.
respected