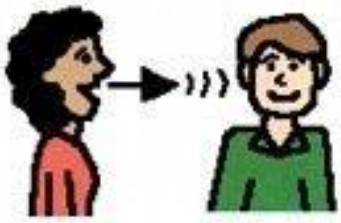
Anger Rules

It is o.k. to be angry but...

*Don't hurt others

*Don't hurt yourself

*Don't hurt property

Talk about how you feel...