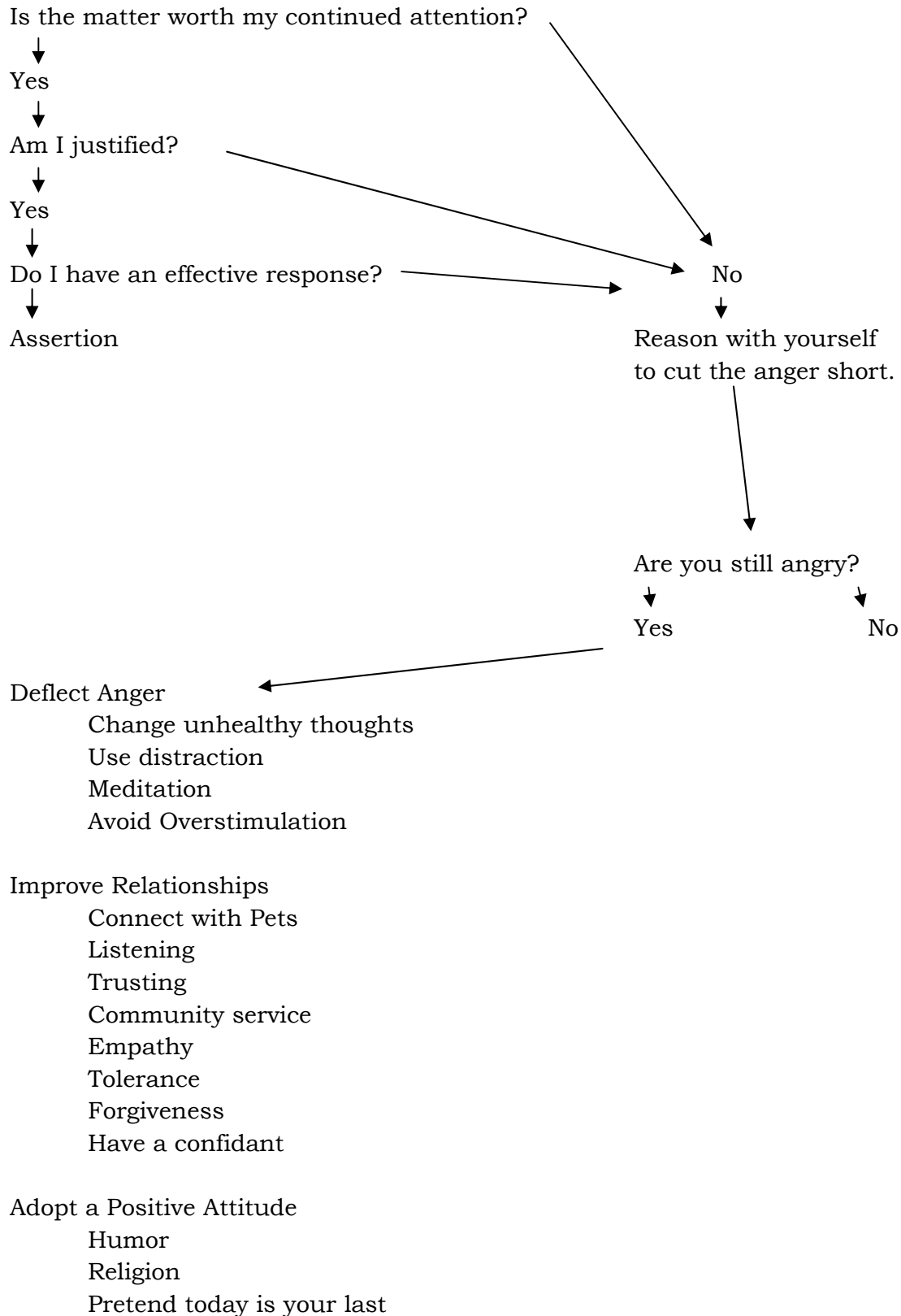


# Hostility Roadmap

My Cynical Thought, Angry Feeling, or Aggressive Action:



(adapted from the *Anger Kills: Seventeen Strategies for Controlling the Hostility that Can Harm Your Health* (1998) by Redford Williams)