What to Do When You Are Angry

STOP AND THINK.

1. Ask yourself:
   How does my body feel?

2. Try to calm down by:
   - Taking three deep breaths
   - Counting backward slowly
   - Thinking calming thoughts
   - Talking to yourself

3. Think out loud to solve the problem.

4. Think about it later. Ask yourself:
   - Why was I angry?
   - What did I do?
   - What worked?
   - What didn’t work?
   - What would I do differently?
   - Did I do a good job?
Calming Yourself Down

1. Stop and think.

2. Ask yourself:
   How does my body feel?

3. Try:
   - Taking three deep breaths
   - Counting backward slowly
   - Talking to yourself
   - Thinking calming thoughts

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How to Solve Problems

1. What is the problem?

2. What are some solutions?

3. For each solution, ask yourself:
   - Is it safe?
   - How might people feel about it?
   - Is it fair?
   - Will it work?

4. Choose a solution and use it.

5. Is it working? → Yes!
   If not, what can I do now?