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

Think out loud to solve the problem.

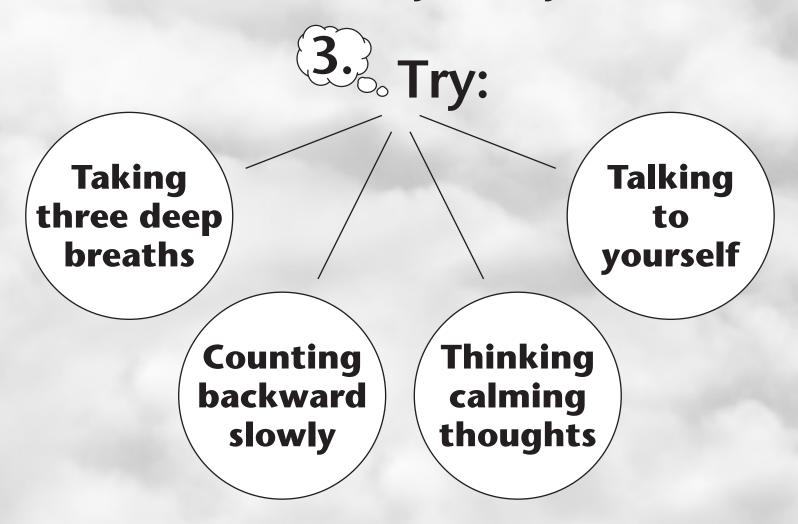
Think about it later. Ask yourself:

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? Second Step

Calming Yourself Down

1. Stop and think.

2. Ask yourself: How does my body feel?



How to Solve Problems

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.

Is it working?----Yes!

If not, what can I do now?

Second Step