


What To Do When You Are Angry


1. Ask yourself: "How does my body feel?"



2. Try to calm down by

- Taking a deep breath 
- Counting backwards slowly
- Thinking relaxing thoughts (colors, pictures, good

memories) 

- Talking/Thinking to yourself 
(→It's no big deal. → I'm not going to get in trouble. →
I don't need to lose it over this. → I can handle this.)

3. Think out loud to solve the problem



(Go somewhere private; Talk to a friend, counselor, or teacher)

4. Think about it later



(→Why was I so angry? → What did I do? → What worked to help me? → What didn't work? → Who helped me?)

Remember: How You Act is Your
Choice