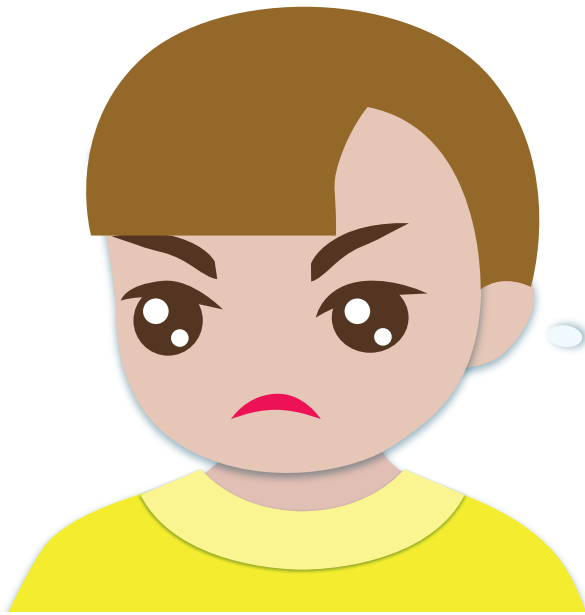
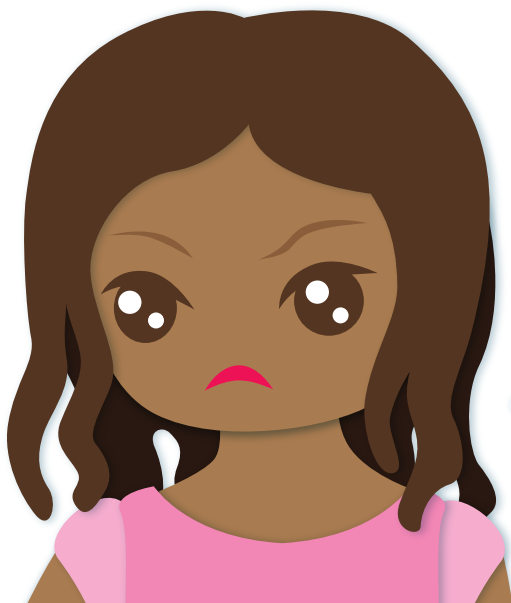


Anger management cards



STOP

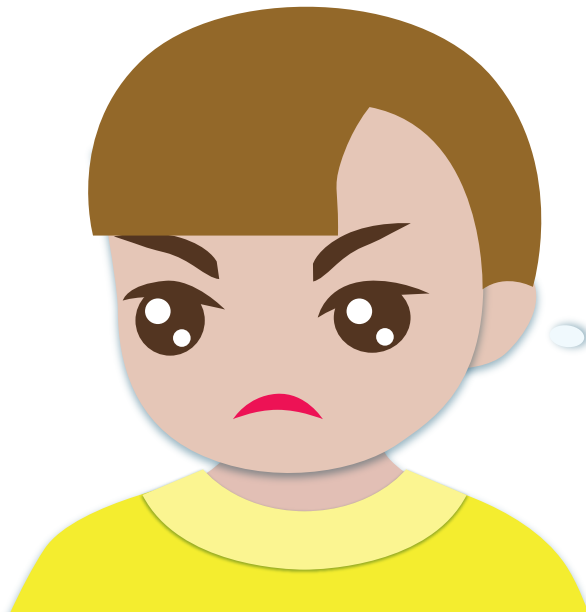
Tell yourself to stop.



THINK

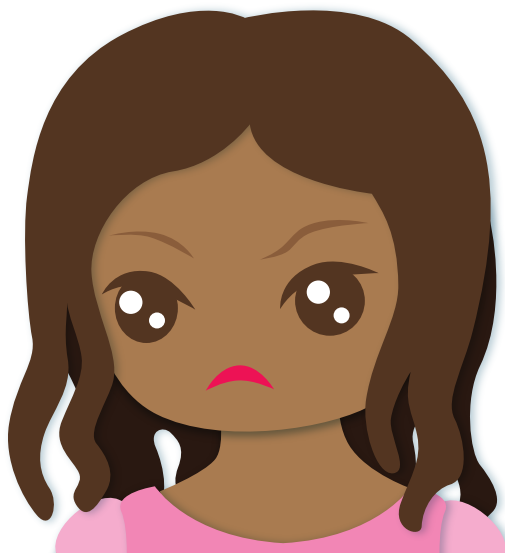
Give yourself thinking time

Anger management cards



**I CAN
handle this**

Tell yourself you can handle this.



Be calm

Say to yourself, “Be calm,
be calm, be calm.”

Anger management cards



Walk away.

**1, 2, 3, 4, 5, 6,
7, 8, 9, 10**

Count to ten.

Anger management cards



Tell someone else how you feel.

1, 2, 3, 4, 5, 6, 7, 8,
9, 10, 11, 12, 13,
14, 15, 16, 17, 18,
19, 20

Count to twenty.

Anger management cards



Breathe deeply



Relax and tense your muscles

Anger management cards



Do some exercise



Go to an empty place and shout.