

# 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?