

Name: _____

Date: _____

Anger Management

J H C R P C A L M T U O L L I H C Z E S N E E T
H Y O Q T U O E M I T S V Y J W Z X T V C F A E
P T U H Q H P L C C U A I E X H E O U I H U N U
A U N N T Y K B Y G G A V L J G P H O G B I Y B
V O T E A J X G J O R I X Y V A O H U E G C W I
V T T V S A F E T Y G O K X N E C E A N V N S U
L I O I S S E C O R P T U D H S N K O J N W Y S
O K T T Q L U C O J Y L T P U W R R N H F E U E
R L E C R A L F E Z L H R O S A E N H I M U B C
T A N A S E F G A M I Q I U H A K H H K H L R O
N T K O T W S I D N N C V V L N F W Y E P T K P
O E N R R H T O K W S J M C A I E E R J T C A I
C Z P P O R K X L N L H G Q Q E H A T L P R C N
U I O E U W C N O V I D R Y J F O N T Y C N C G
J L C B F P I C V P E X A L E R B B Y T H E E S
S C I P O S I T I V E R E A C T I O N H Z U P K
L A D E L B I S N O P S E R E B T W M I V W T I
R V C X H B O W S C L N B X C E B U M N G A A L
V S K A V O S E L F C O N T R O L T B K M I N L
W S N S B Q G X W A L K A W A Y O X A T X H C S
I S H X J S T W O A B F M D I Y D M W W K U E P
T F O D P O V B C X G O G T P H C U B I C O H S
U K W S X N X L M K T L K Y M X U V B C T V D Y
F A P X A R Z B E R E S P E C T F U L E N I G Z

Positive reaction
Be responsible
Self control
Acceptance
Control
Safety
Calm

Use coping skills
Be respectful
Count to ten
Walk away
Resolve
Ignore

Conscious choice
Be proactive
Think twice
Chill out
Process
Relax

Stop and think
Group safety
Talk it out
Forgive
Timeout
Think