

Name: _____

Dealing with Anger

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

Put yourself in their shoes
Twenty year rule
Anger reducer
Count to ten
Distraction
Strategies
Body cues
Internal
Calm

Physical Activity
Listen to music
Get the facts
Write it out
I statment
Agressive
Self talk
Passive

Talk to a friend
Remove yourself
Consequences
Deep breath
Plan ahead
Assertive
External
Trigger