

Name: _____

Date: _____

Dealing with Anger

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

Put yourself in their shoes
Twenty year rule
Listen to music
Write it out
I statement
Plan ahead
Self talk
Internal
Passive

Find a Distraction
Talk to a friend
Get the Facts
Count to ten
Deep Breath
Evaluation
Body cues
External
Calm

Physical activity
Remove yourself
Anger reducer
Consequences
strategies
Aggressive
Assertive
Trigger