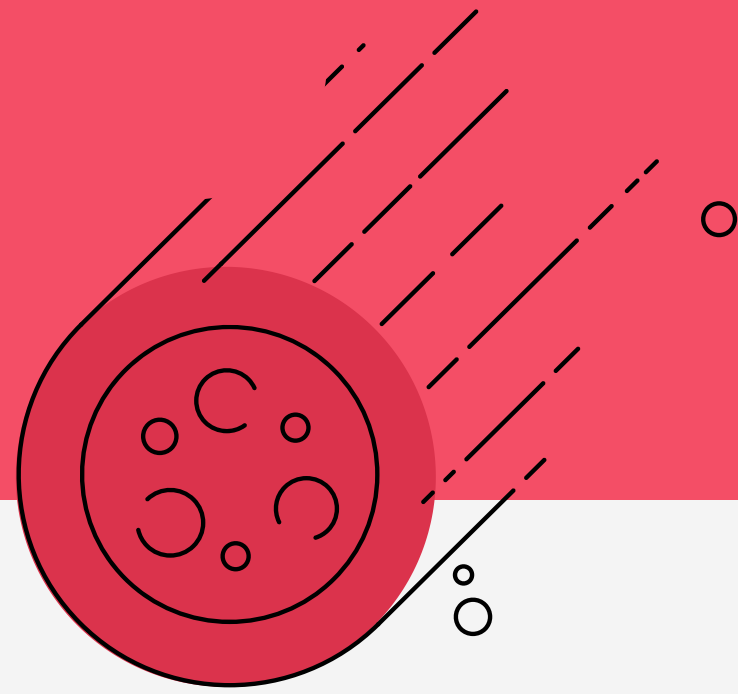


Anger Regulation

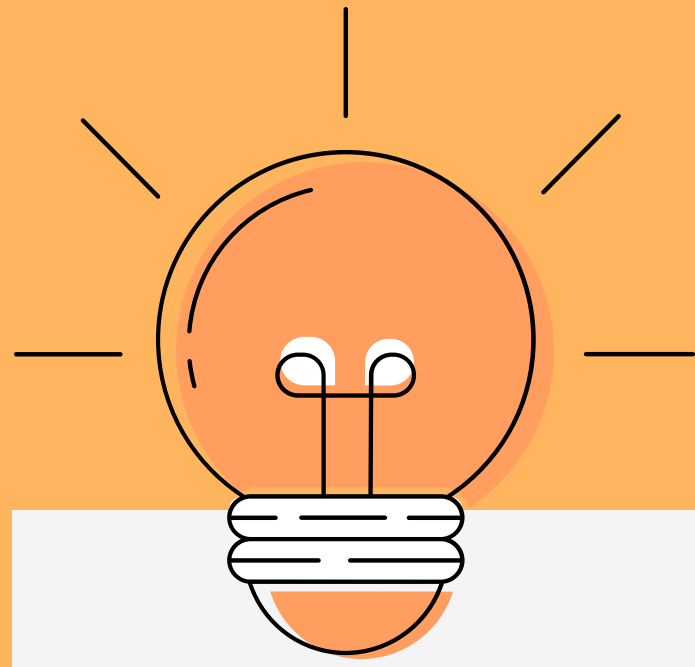


Triggers



- 1** When something happens to you or when someone says or does something to make you angry - it's an “external” trigger.
- 2** What you think or say or do, that makes you more angry is an “internal” trigger.

Cues



How does my body tell me that I'm mad?



A physical sign that lets you know you are getting angry is called
a "Cue"

how can
I put out
the fire?

Reducers – Stepping back

1.

Take a half-step
back


3.

Change your
focus

2.

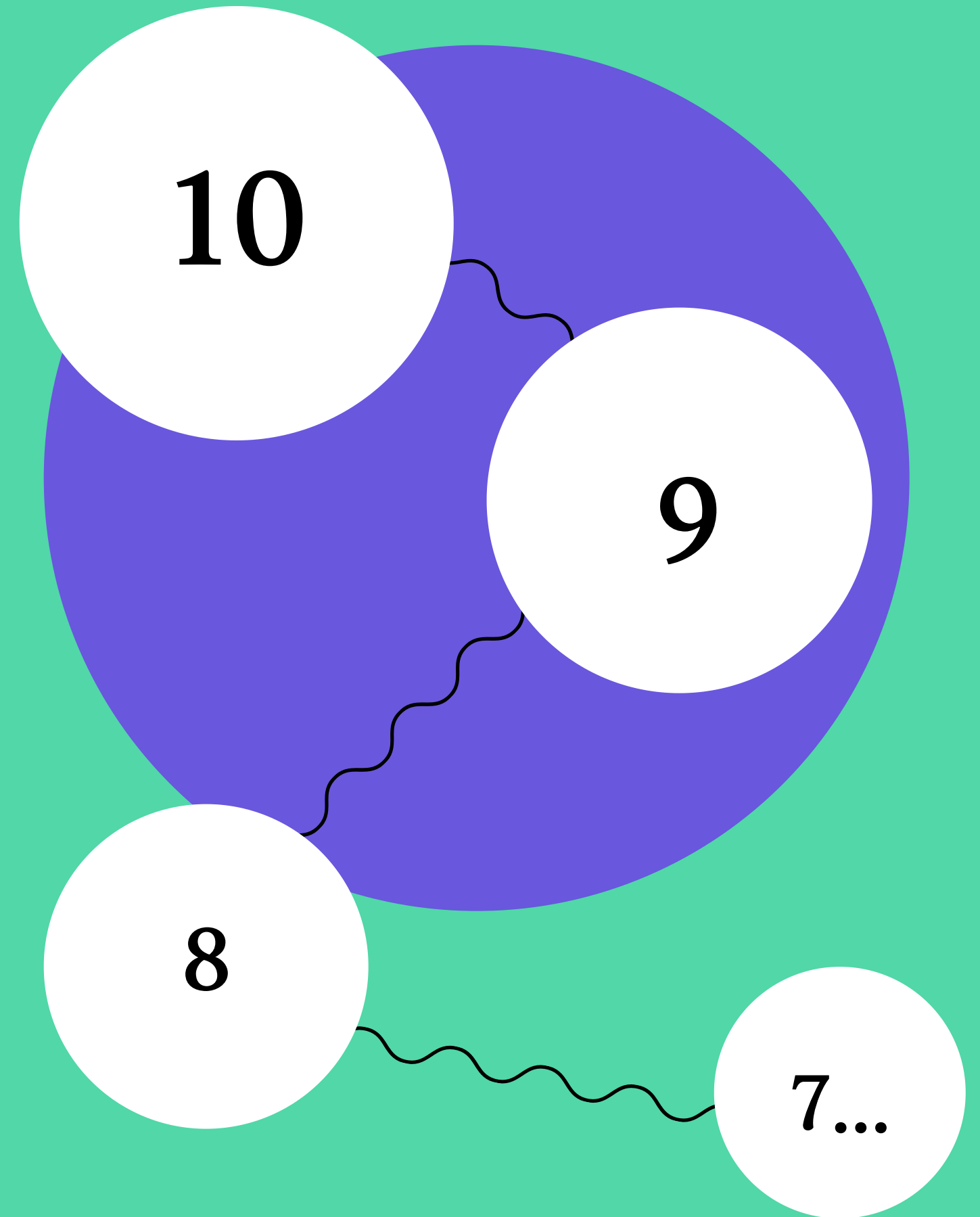
Get some
more space

Reducers - Deep Breathing

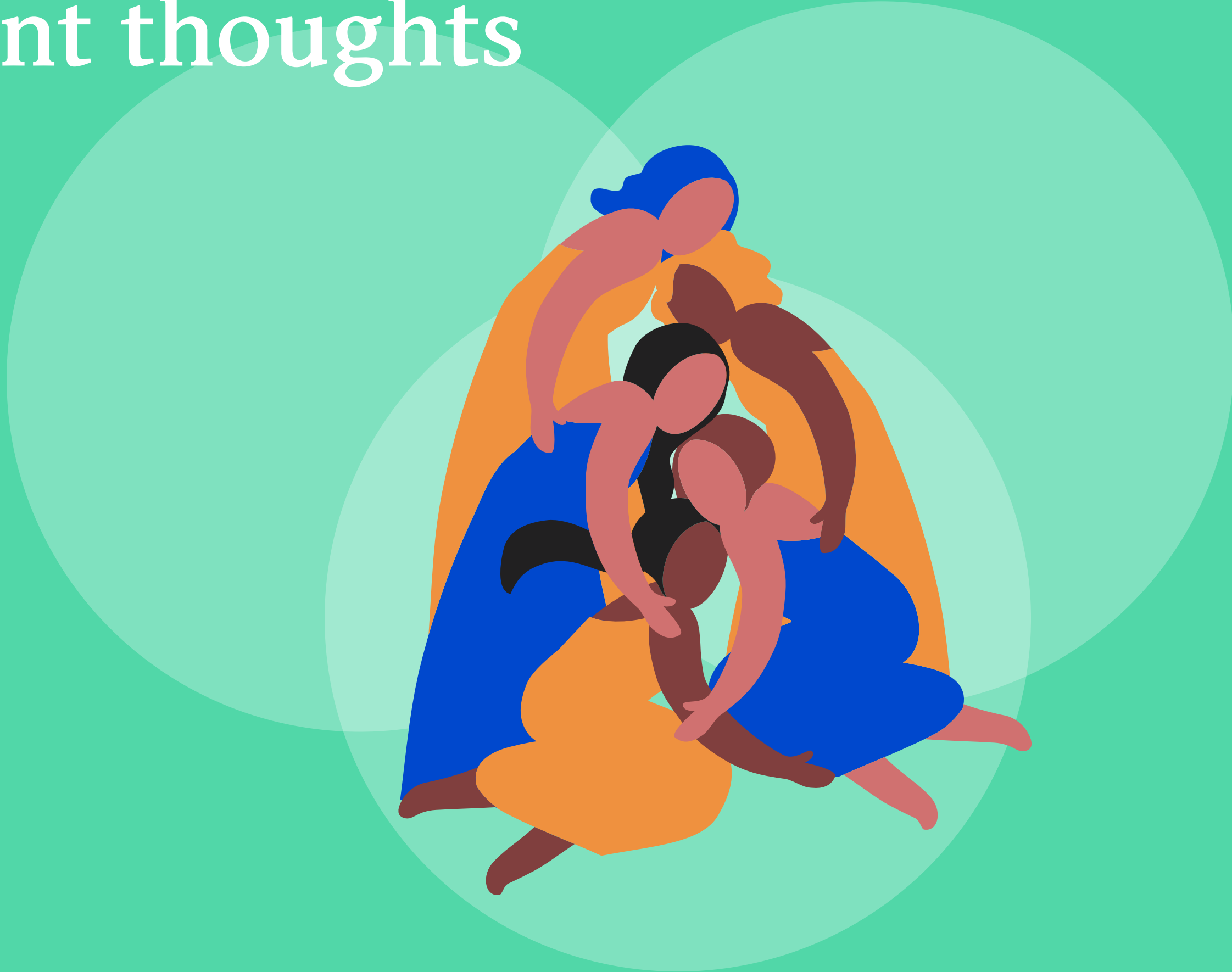


Calm your
breathing

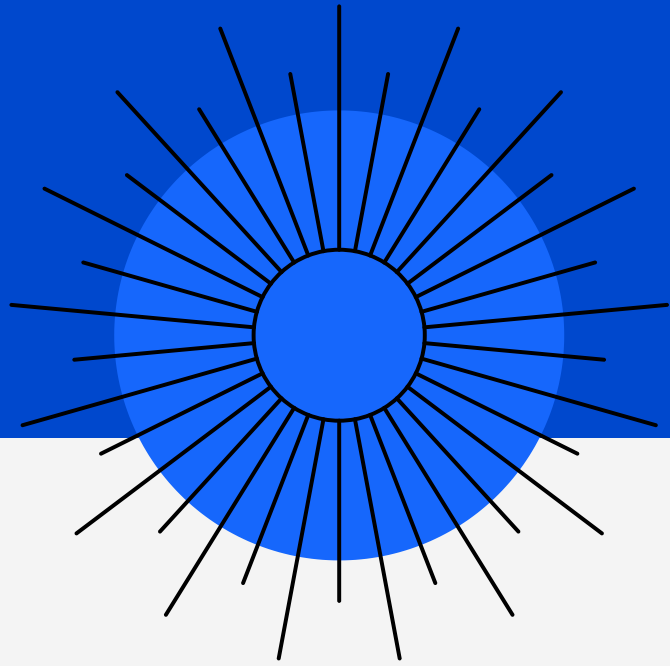
Reducers - Counting backwards



Reducers – Pleasant thoughts



Reminders



1

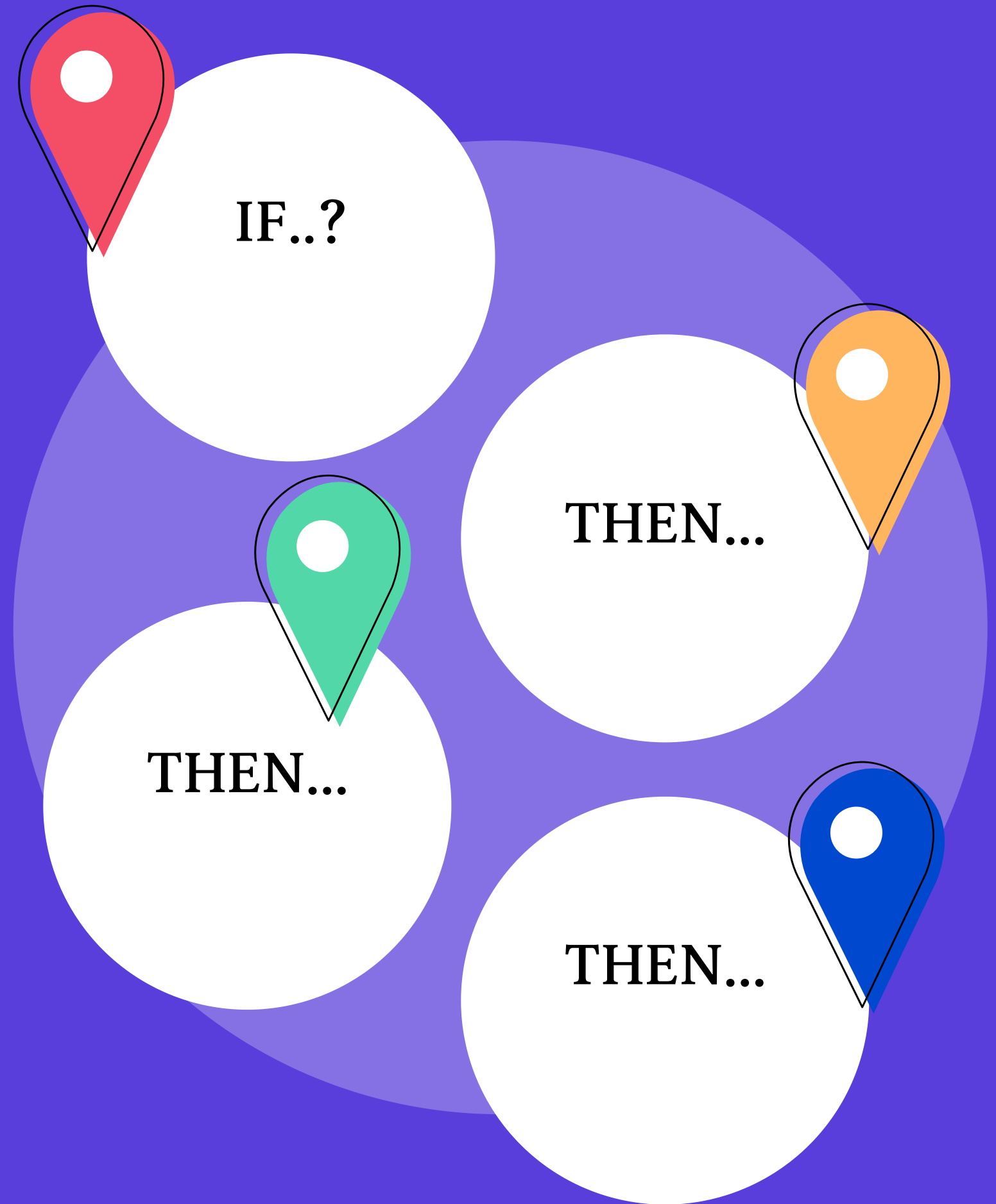
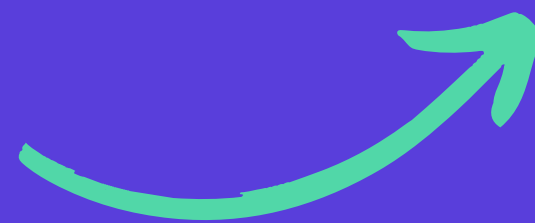
What do I say to myself calm myself down ?

2

What do I say to others to encourage them to calm down ?

Thinking Ahead

MOST SERIOUS
EXTERNAL
SHORT TERM
LEGAL
LONG TERM
SOCIAL
INTERNAL



Think **BEFORE**
you act!

Use a skill to
solve the
problem



Try it, learn it, use it!

