

## **Managing Anger**

Count to ten

Practice forgiveness

Write in a journal

I statements

Identify should for self

Identify should for others

Confront appropriately

What can you learn from your anger

Forgive others for being unhealthy/imperfect

Write a letter

Write feelings

Draw feelings

Talk it out

Exercise

Remove self from situation

Express SELF BEFORE A MIRROR

Relaxation

Forgive yourself for being unhealthy

Check out ACT NOW for controlling anger