

# WHEN I'M ANGRY

HERE'S WHAT I SHOULD DO:

1

STOP

2

Take a deep breath.

3

Count from 1 to 10.

4

Think before I speak.

5

If you need to, walk away.

6

Talk to my someone about how I feel.

**STOP!**

**THINK!**

**OBSERVE - WHAT'S**

**HAPPENING?**

**PULL BACK!**

**PERSPECTIVE!**

Why did I get angry?  
The situation, what happened?

What was I thinking, what were my thoughts?  
My actions?

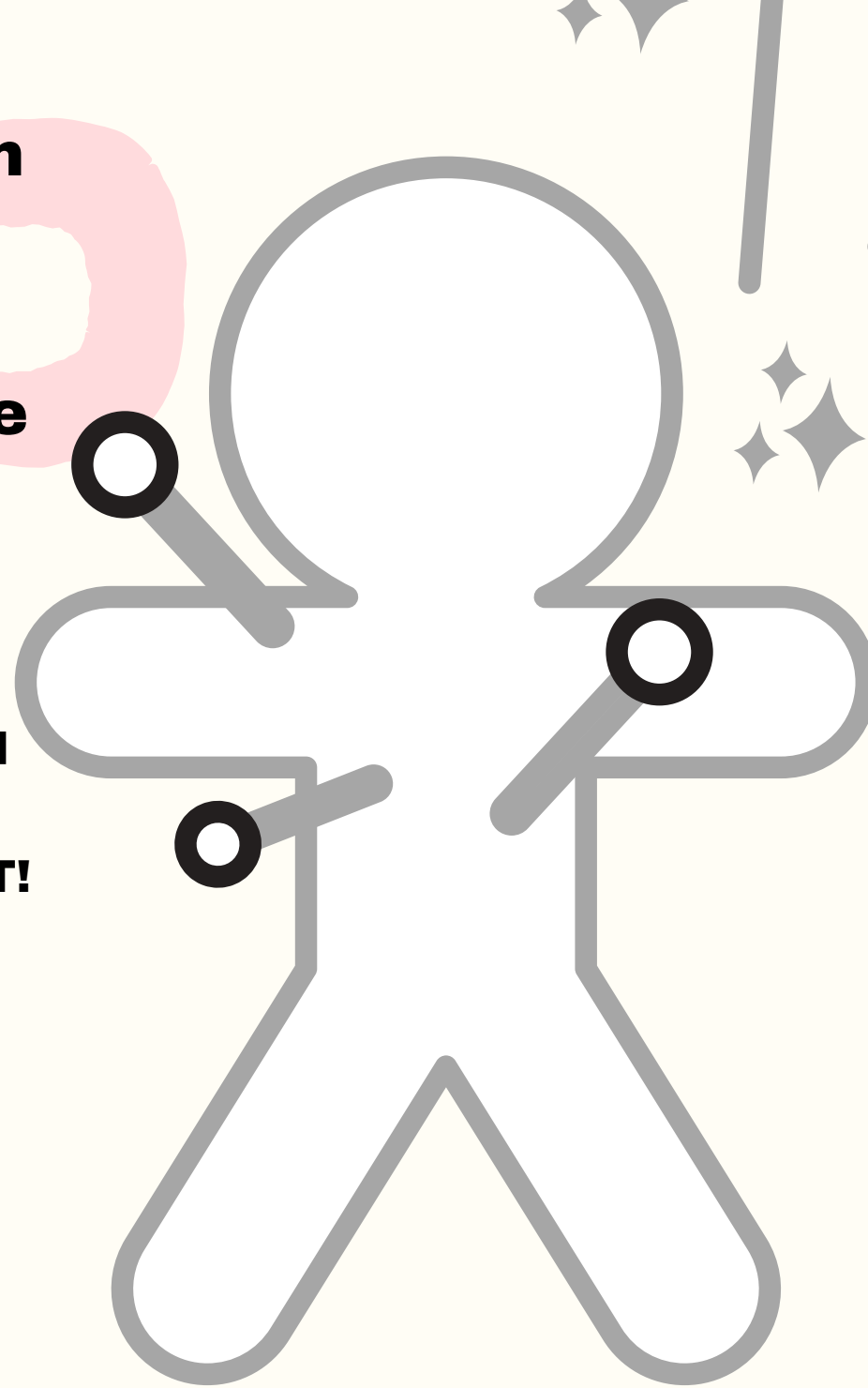
How did I feel emotionally. Also how did my body respond?

What could I have done differently? A more balanced approach.

**Where do I notice, feel the anger in  
my body?**

**What are the physiological signs?  
Become more aware and recognise  
when you are  
becoming upset or angry.**

**LOOK OUT FOR THESE SIGNS, THEY ARE AN  
IN-BUILT ALARM SYSTEM!  
NOW YOU CAN CONTROL WHAT HAPPENS NEXT!**



"When anger rises, think  
of the consequences"

-Confucius