

# I Can feel Better if I am Angry by...

Some things that make me feel angry are . . .

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## These things happen when I feel Angry

Changes in my body . . .	Thoughts I have . . .	Things I do . . .

## I can do these things to make me feel better...

Check all of the helpful skills below that can make you feel better when you are angry. You may also use the blank spaces to fill in your own.

- |  |   |       |
|--|---|-------|
| <input type="checkbox"/> Deep breathing      | <input type="checkbox"/> Playing a game     | _____ |
| <input type="checkbox"/> Going on a walk     | <input type="checkbox"/> Journaling         | _____ |
| <input type="checkbox"/> Taking a time-out   | <input type="checkbox"/> Exercising         | _____ |
| <input type="checkbox"/> Positive self-talk  | <input type="checkbox"/> Reading a book     | _____ |
| <input type="checkbox"/> Talking to a friend | <input type="checkbox"/> Doing a craft      | _____ |
| <input type="checkbox"/> Talking to an adult | <input type="checkbox"/> Playing with a pet | _____ |