

10 COPING SKILLS or TRICKS TO HELP WITH ANGER MANAGEMENT

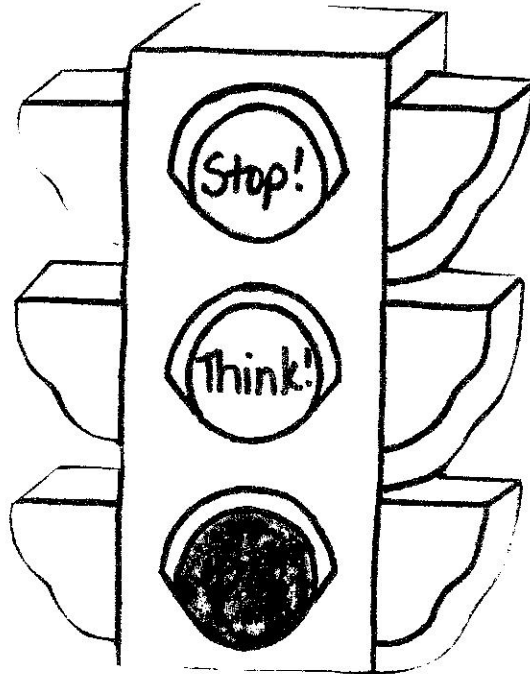
(a worksheet to accompany workbook for children)

1. **RECOGNIZE IT**...I will tell myself that I am getting angry! It helps when I recognize it, and admit something is making me angry!
2. **LET IT GO** or **LIG IT**...I will let it go rather than taking action or doing something that I will be sorry for or could get me into trouble!
3. **DEBRIEFING SESSION**...I will learn to talk about the thing or things that are making me angry—that can help me feel less angry!
4. **COOL OUT**...I will just try to **CHILL OUT** or give myself a time out...**A COOL DOWN TIME**... this can help me calm down and get my mind to focus on other things!
5. I will get a **PUNCHING BAG** so I can vent my frustration by punching the bag rather than hitting someone which could hurt them and then get me into further trouble!
6. If I become a **FIRST CALL RESPONDER** for my parents and teachers, then they will not be on my back or need to remind me to do things. I won't be getting angry at people nagging at me since there will be no need to nag at me!
7. **COOPERATION** or **BIG C PLAN**...is being cooperative with others...I can avoid many situations that would bring problems that cause me to become angry! Cooperation is a good solution to most problems!

8. STOP...

THINK... then

DO!



9. A REWARD

SYSTEM could help me earn special tokens or rewards for correctly handling my anger!

10. TALK SYSTEMS like **MEDIATION THERAPY** or

what some Psychologists call **THE LIFE SPACE**

INTERVIEW is sort of like **DEBRIEFING** and can help process the problem...this can reduce my anger!