

# What to Do When You Are Angry

1. Think before acting
2. Calm down
3. Use the **RETHINK** Steps:



**R**ecognize what makes you angry.

**E**mpathize with the other person's feelings.

**T**hink of positive things about the situation.

**H**ear what the other person is saying to you.

**I**nclude "I" messages to tell how you feel.

**N**otice what happens to your body.

**K**ee your attention on the present situation.

