



- 1. Recognize when you are angry, frustrated, or just tired . . .**
- 2. Learn to manage your own stress and to control your anger . . .**
- 3. Talk to others about your feelings and ideas in a respectful way . . .**
- 4. Solve your problems and disputes using words, not violence . . .**
- 5. Talk to yourself aloud about a problem and a solution . . .**