

What to Do When You Are Angry

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



Recognize what makes you angry.

Empathize with the other person's feelings

Think of positive things about the situation.

Hear what the other person is saying to you.

Include "I" messages to tell how you feel.

Notice what happens to your body.

Keep your attention on the present situation.



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