

1. Who or what are you upset/mad at? _____

2. What Happened? _____

3. How upset/mad are you (0-10): _____

4. What do you do?

(Helpful)

Fill out anger log _____

Make I think/feel statements _____

Talk to parents _____

Talk to other adult _____

Talk to friend _____

Talk to therapist _____

Ignore situation _____

Agree to talk later _____

Relaxation breathing _____

Allow yourself to cry _____

Count to 10 _____

Use calming self-talk/pictures _____

Use negative outcome thinking _____

Use positive outcome thinking _____

Walk away (take time-out) _____

Listen to calming music _____

Take a nap _____

Pace or play in room _____

Yell where no one can hear you _____

Do push ups or sit ups _____

Jog or run sprints _____

Draw a picture _____

Read a book _____

Work on homework _____

Play with toys/games _____

Relax in shower/bath _____

Splash water on face _____

Eat a small snack _____

Chew some gum _____

Do muscle relaxation _____

Watch T.V. _____

Squeeze a ball _____

Hit a pillow/mattress _____

Throw a nerf ball _____

Write thoughts/feelings _____

Write a story _____

Use thought stopping _____

Think + of something _____

Use assertion skills _____

Use problem solve skills _____

Sing a song _____

Do a STIC task _____

What do you do?

(Unhelpful)

Take it out on someone

Be sarcastic - put someone down

Hit or kick something

Hit or kick someone

Break something

Yell or scream

Throw something

Refuse to listen

Run from situation

Pout or act miserable

Curse (swear)

Break rules/law

Take alcohol/drugs

Hurt yourself or someone else

5. How does it work (0-10): _____