



# ANGER TOOLKIT

**Website:** [ravenswingcounselling.ca](http://ravenswingcounselling.ca)  
**Instagram:** @ravenswingcounselling  
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# How to use this toolkit:

In this toolkit, you'll find an anger meter and helpful activities for each phase of anger. Take your time and treat yourself kindly as you put these steps into practice.

You will discover practical action steps accompanied by visuals, as outlined below!

1. Relaxed - Do nothing! Simply enjoy your day!
2. Annoyed- Try triangle breathing.
3. Frustrated/Irritated - Ground yourself by using your five senses.
4. Ticked- Practice thought stopping.
5. Enraged - Take a time out.

This toolkit is made for anyone aged 8 and up.

Use it in the way that feels best for you—print it for your space at home or keep it on your phone to look at whenever you need it.

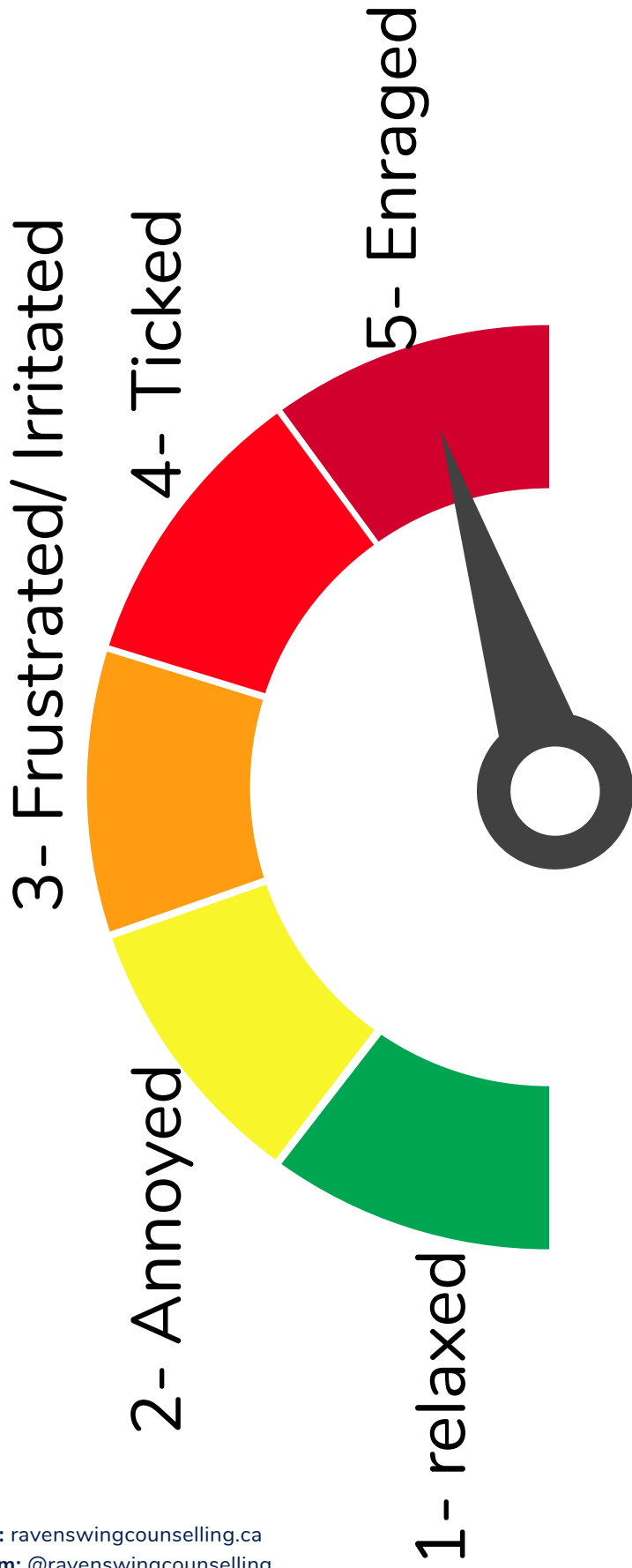


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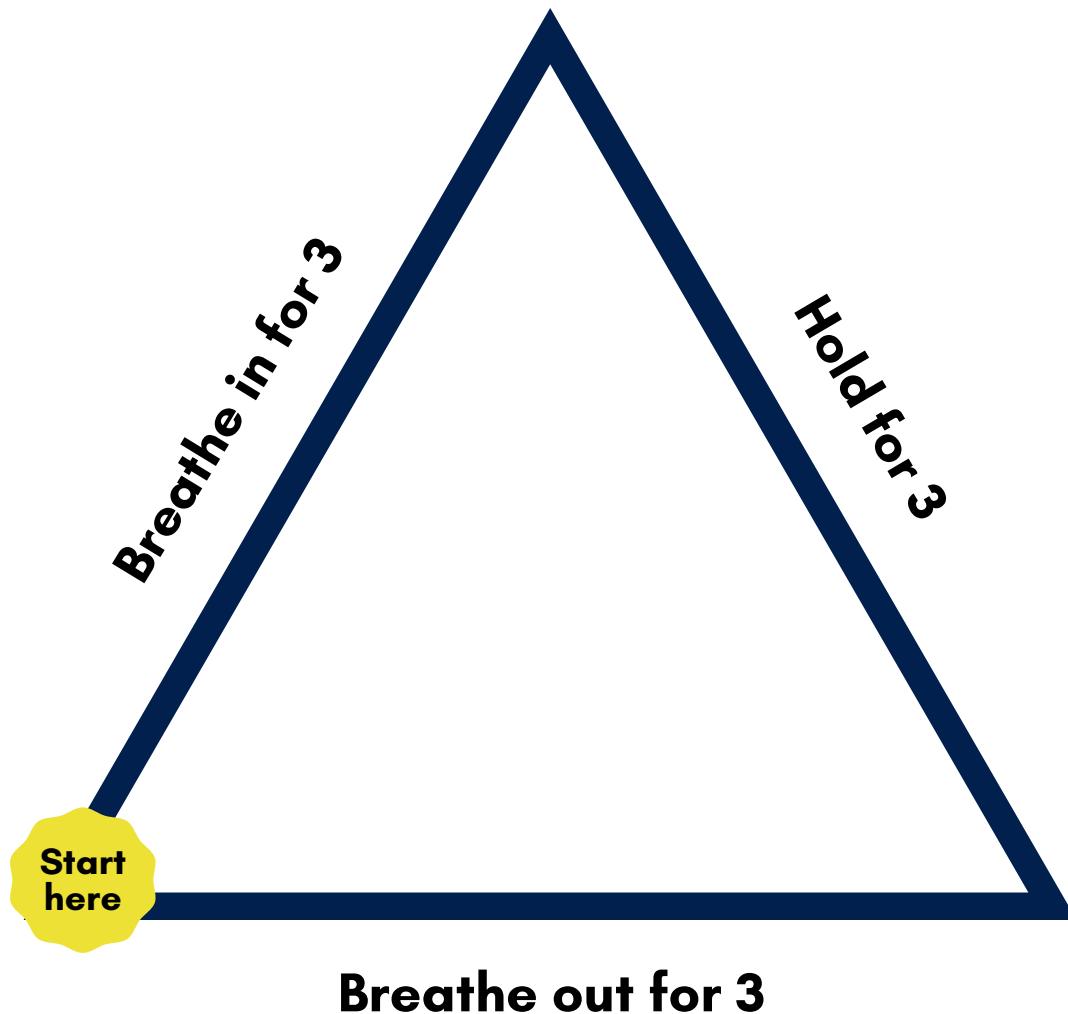
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## Anger Meter



When you are at a level 2 feeling annoyed try triangle breathing:

Breathe in for a count of 3, hold for a count of 3, and breathe out for a count of 3. You can picture a triangle or trace one with your finger on your leg or arm.



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When you are at level 3 feeling frustrated try 5 Senses Grounding:

5

things you can see

Look around and notice details in your surroundings.

4

things you can touch

Focus on textures, temperature, or sensations under your hands or feet.

3

things you can hear

Tune in to nearby sounds like birds, wind, or distant traffic.

2

things you can smell

Identify scents in the air or bring something close (like your shirt or tea).

1

thing you can taste

This could be a sip of water, gum, or simply noticing the taste in your mouth.



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When you are at a level 4 feeling ticked try thought stopping:

**Thought stopping** is when we stop ourselves from thinking about that specific situation or person. Sometimes thought stopping can be a visual picture of a wall or it could be a word or phrase that you say to yourself to turn your mind off.

When you are at a level 5 feeling enraged try taking a time-out:

**A timeout** can be as small as taking a deep breath and thinking before responding. It can also be taking a break from a situation by leaving a situation or stopping a discussion.



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