

Anger Control Strategies

1. Count to ten slowly
2. Take deep breaths (in through your nose, very slowly out through your mouth)
3. Relax
4. Hug a pillow
5. Listen, but do not respond until you are calm
6. Do not argue or yell
7. Be patient
8. Think of other ways to solve the problem
9. Be fair – look at things from other perspectives
10. Discuss the problem calmly
11. Time yourself out as needed

List some other strategies you have learned or are willing to try:

12. _____
13. _____
14. _____
15. _____