

## **EXPRESSING ANGER: TELLING SOMEONE HOW YOU FEEL**

(USE WITH Supplemental RP Session: Anger Management)

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### **STEP 1: Keep calm**

- Talk to someone
- Count to 10
- Do relaxation exercises
- Walk away and finish the conversation later
- Go for a walk or exercise
- Do a fun activity
- Take a deep breath
- Think about the negative consequences of getting into a fight
- Think of something to solve the problem

### **STEP 2: Say how you are feeling and why**

### **STEP 3: Say why this made you angry**

### **STEP 4: Make a suggestion so this doesn't happen again**

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