

Mental Ammunition against ANGER & RAGE

♣ Is this really important? Is it really worth getting angry about?

♣ Will it seem important tomorrow, or next week?

♣ Slow down. Count to 20. Take some deep breaths.

♣ I don't want to get into trouble. I always get in trouble when I let myself get into a rage.

♣ I'm too old for tantrums.

♣ I look stupid when I'm in a rage.

♣ I end up hurting other people.

♣ I don't want the Rage-monster pulling my strings. I'm in charge not him!

♣ I can choose if I want to get into a rage, even if other people do mean or stupid things.

♣ Nobody is perfect. Everyone is unfair sometimes.

♣ The world doesn't have to be perfect. I can learn to deal with it.

♣ I'm gonna be COOOL!

