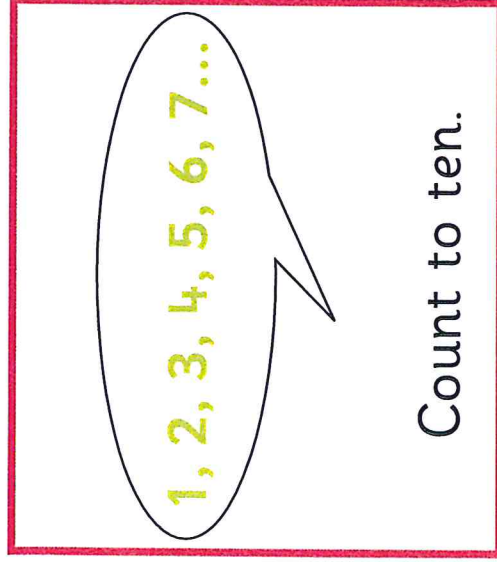
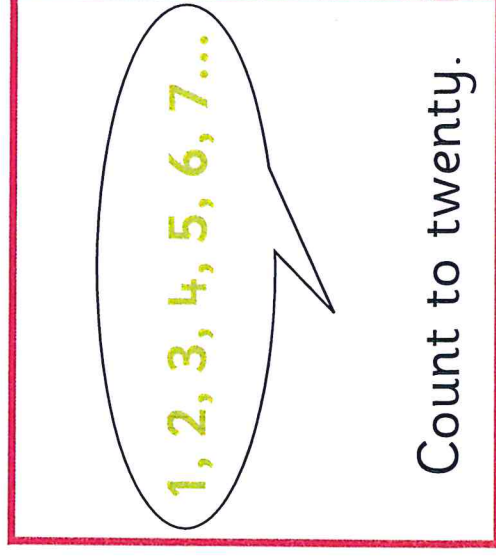
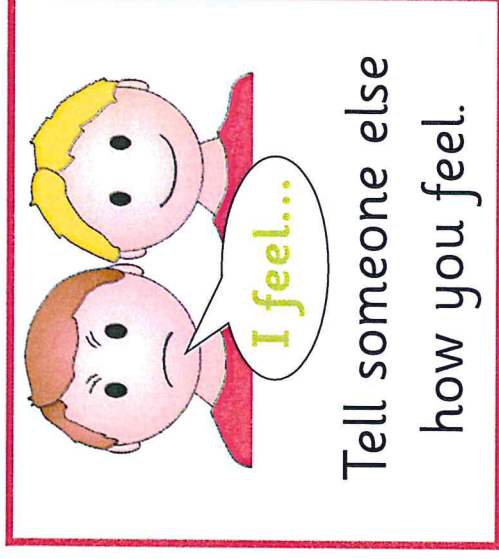


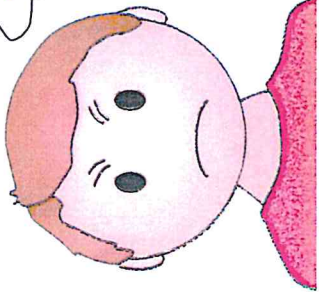
## Anger management cards



## Anger management cards

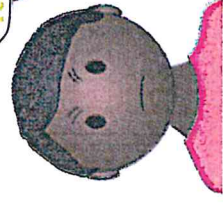


**Anger management cards**



**STOP!**

Tell yourself to stop.




**I can handle this**

Tell yourself you can handle this.



**Think**

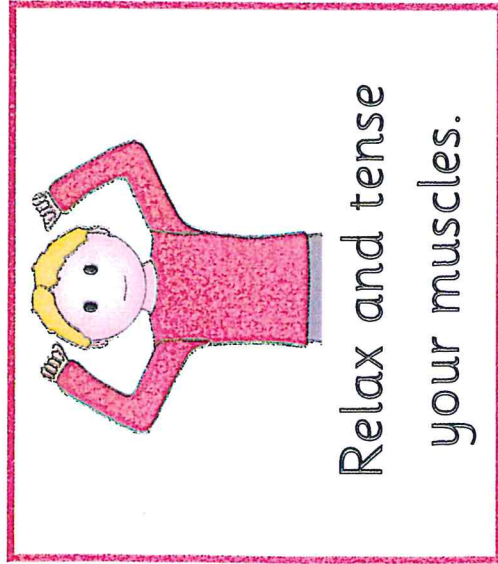
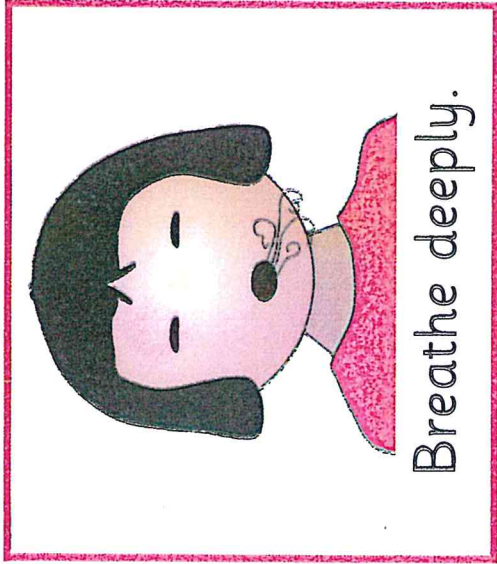
Give yourself thinking time



**Be calm...**

Say to yourself, "Be calm, be calm, be calm."

**Anger management cards**



**Anger management cards**

