

Steps to a constructive anger and rage management



COLEGIO ANDINO
DEUTSCHE SCHULE



What do you do when you feel angry?

1. How does my body feel?
2. Calm down
 - Breathe deeply three times.
 - Slowly count backwards.
 - Think about something nice.
 - Say to yourself "calm down".
3. Think out loud about the solution to the problem.
4. Think about the problem later:
 - Why did I get angry?
 - What did I do?
 - What has worked?
 - What hasn't worked?
 - What would I do different next time?
 - Can I be satisfied with myself?

