

1

2

3

Know your buttons

Think about what makes you angry. The people or places that always seem to get you going.

Know your early warning system

You feel different before you snap. Learn to spot these signs so you can move to step 3 before they turn into trouble.

Know where the escape hatches are

You might decide to just walk away. Some people pause and count to 10. When you have a few of these up your sleeve, you'll be able to stay in control whatever happens.

Breathe!

As soon as you've escaped, give yourself respect. You're strong. You're in control.



What gets me going

Write down the things that
make you lose your temper

1). What pushes your buttons

2). Write down you early warning signs

(thoughts, feelings, in your body or actions)

3). Write down your Escape Hatches

- how can you respond differently?

Breathe!

