

## **My Anger Management Plan:**

1. Its okay to be angry.
2. Some ways of showing anger are acceptable. Others are not.
3. Vent the energy safely.
4. I will use my words, not my body to show my feelings.
5. I will always be respectful, even in anger.
6. I will talk, then listen.
7. If I can't talk or listen, I'll signal that I need to take a 5 minute chill out.
8. After I'm cooled off, I'll try again from #4.
9. Afterwards, I'll talk through the After Words questions.