

# Coping with Anger

**C** **Calm Down**

Say: “Calm Down! STOP Do the QR”

**O** **Overcome** the negative-opt for control.

Say: “Overcome the desire to blow things out of proportion! This isn’t necessarily awful, dreadful, or terrible. Easy does it! I’m in control; I can handle this!”

**P** **Prepare** – problem-solve – plan.

Say: “Think! Problem-solve, remember your plan, don’t get pushy!”

**I** **Identify** – invite alternatives instead of using insults.

Say: “Imagine success; don’t assume the worst. If I start to get mad, I’ll just be banging my head against the wall. Don’t use insults.”

**N** **Name** your anger feelings – negotiate.

Say: “I’m angry; that’s a signal to think about negotiation. Remember, negatives lead to more negatives. Negotiation can lead to win-win situations.”

**G** **Go** – get on with the plan! Get the hang of anger management. Give praise to yourself and others.

Say: “Way to go! Good job! Nice going both of us! Thanks for negotiating and helping me with my anger control!”