The Most Important Things To Remember About Getting Mad!

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• I am in charge of my own feelings.

- I own my feelings.
- I feel them, name them and then tell them.
- It is okay to feel angry.
- I learn how to express my anger in ways that are helpful.
- Anger is part of being a human being and that's a wonderful thing to be.

I am in charge of my own behavior.

- I get my control.
 - I control what I do with my anger.
 - I gain control over how I let my anger out.
 - I watch my thoughts.
 - Hot thoughts keep me angry. Cool thoughts calm me down.
 - I practice cooling off. I learn to chill myself out. I take a chill pill.
 - I feel good about being responsible for chilling myself out.

• I remember people are precious.

- I stop hurting others or myself with my anger.
- I watch my thoughts. I watch my words. I watch my actions.
- I own the hurtful words and actions that I do to others.
- I learn about things I do when I am stressed and threatened.
- I stop hurting people with my words and actions.
- I feel good about treating people with kindness.
- I choose to feel good about myself through speaking out.
 - I express angry feelings in ways that are fair to others and myself.
 - I use my firm and fair words: "I feel _____ when you _____."
 - I tell my feelings and then try to work things out.
 - I feel good about saying what I feel and what I stand for.
- I don't have to hold on to my anger.
 - I find ways to let my anger go.
 - I talk about my hurt feelings and angry feelings.
 - I problem solve things that make me upset.
 - I keep looking until I find someone safe to talk about my anger.
 - o I talk about my words and actions that hurt others.
- I take my power!
 - I stand up for myself. I stand up for others who are being hurt.
 - I learn to break into my mean thoughts that I use to beat myself up.
 - I feel good about learning about myself.
 - I am powerful when I use my fair and firm words.