

▪ Check your tummy, jaws and your fists.
See if the mads are coming.

▪ Breathe! Blow your mad out.

▪ Get your control.

Feel good about getting your control.

▪ Stop and think; make a good choice.

▪ People are not to be hurt with your
hands, feet or voice.

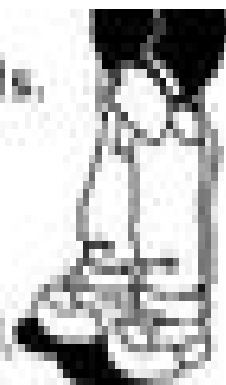
▪ Use your firm words, not your fists.

▪ Use a strong voice to talk your mads out.

Say "I feel mad when you _____"

▪ Take a time out to get your control back.

▪ Pat yourself on the back for getting your
mad out nicely.



From the book:
The Mad Family Gets Their Mads Out
by Dr. Lynn Harris

Check out Dr. Harris's

