

Talk, Trust & Feel Therapeutics  
**Get Your Angries Out!**



**ANGRIES OUT CHECKLIST**

- 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. Lyone Namka

Check out Dr. Namka's  
award-winning website  
for lots of FREE  
resources  
[www.AngriesOut.com](http://www.AngriesOut.com)

[www.PeaceKids.net](http://www.PeaceKids.net)

