

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

www.PeaceKids.net

