

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. Lynne Namka

Check out Dr. Namka's
award-winning website
for lots of FREE
resources
www.AngriesOut.com

www.PeaceKids.net