



## BEHAVIORS THAT "HEAT" ANGER

- Making accusations
  - Arguing while angry
  - Yelling, screaming, shouting
  - Dwelling on hurt feelings
  - Planning revenge
  - Engaging in any form of violence
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## SKILLS THAT "COOL" ANGER

- Counting to 10 or higher
  - Noncompetitive exercising
  - Meditating, praying, and relaxing
  - Going outside
  - Choosing helpful thoughts
  - Listening to calming music
  - Taking deep breaths
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