

Mental Ammunition against Anger & Rage

👉 **Is this really important? Is it really worth getting angry about?**

👉 **Will it seem important tomorrow, or next week?**

👉 **Slow down. Count to 20. Take some deep breaths.**

👉 **I don't want to get into trouble. I always get in trouble when I let myself get into a rage.**

👉 **I'm too old for tantrums.**

👉 **I look stupid when I'm in a rage.**

👉 **I end up hurting other people.**

👉 **I don't want the Rage-monster pulling my strings. I'm in charge not him!**

👉 **I can choose if I want to get into a rage, even if other people do mean or stupid things.**

👉 **Nobody is perfect. Everyone is unfair sometimes.**

👉 **The world doesn't have to be perfect. I can learn to deal with it.**

👉 **I'm gonna be COOL!**

