

B	I	N	G	O
THROW THINGS	ACT OUT	BAD CHOICES	SELF DISCIPLINE	EXERCIS E
ANGER METER	TANTRUM	HURT FEELINGS	AGGRESSION	SELF CONTROL
TALK TO SOMEONE	TRIGGER	FREE SPACE!	AGGREVATED	COUNT TO 10
DEEP BREATHES	STOP & THINK	DISRESPECTFUL	COOL DOWN	HOSTILE
BE POSITIVE	ANGER	LISTEN TO MUSIC	WRITE IN JOURNAL	ANNOYED

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TRIGGER	AGGRESSION	SELF DISCIPLINE	ANGER METER	HURT FEELINGS
BAD CHOICES	WRITE IN JOURNAL	EXERCIS E	ANGER	SELF CONTROL
DEEP BREATHES	AGGREVATED	FREE SPACE!	COUNT TO 10	ACT OUT
COOL DOWN	LISTEN TO MUSIC	THROW THINGS	ANNOYED	STOP & THINK
DISRESPECTFUL	HOSTILE	TALK TO SOMEONE	TANTRUM	BE POSITIVE

B	I	N	G	O
ANGER	LISTEN TO MUSIC	AGGRESSION	HOSTILE	AGGREGATED
THROW THINGS	DEEP BREATHES	DISRESPECTFUL	TANTRUM	EXERCISE
TALK TO SOMEONE	ANNOYED	FREE SPACE!	STOP & THINK	COOL DOWN
TRIGGER	SELF CONTROL	SELF DISCIPLINE	WRITE IN JOURNAL	BAD CHOICES
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