

A	N	G	E	R
Temper	Anger	Deep breathing	Rules	Listen
Counseling	Talk about it	Relax	Communication	Rest
Stomp	Walk away	FREE SPACE!	Compromise	Exercise
Express	Solutions	Journal	Eat Healthy	Read
Draw	Cool down	Respect	Yell	Count to 10

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Walk away	Communication	Rules	Counseling	Relax
Deep breathing	Yell	Listen	Cool down	Rest
Express	Compromise	FREE SPACE!	Exercise	Anger
Eat Healthy	Respect	Temper	Count to 10	Solutions
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