A	n	g	e	r
Walk away	Arguing	Listen to music	Take 20 deep breaths	Racing Heart
Emotional Response	Visualize	Squeeze a stress ball	Behavioral Response	Trigger
Write/journal	Clenched Fists	**FREE**	Spend time in nature	Pace around the room
Draw your anger	Physical Symptoms	Talk to someone	Practice a hobby	Sweating
Think of consequences	Negative Thoughts	Mind goes blank	Shaking	Count to 100

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A	n	g	e	r
Spend time in nature	Racing Heart	Clenched Fists	Trigger	Count to 100
Talk to someone	Pace around the room	Physical Symptoms	Visualize	Behavioral Response
Write/journal	Take 20 deep breaths	**FREE**	Shaking	Emotional Response
Listen to music	Squeeze a stress ball	Think of consequences	Draw your anger	Sweating
Arguing	Walk away	Yelling	Fighting	Mind goes blank

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A	n	g	e	r
Spend time in nature	Emotional Response	Sweating	Fighting	Behavioral Response
Arguing	Yelling	Listen to music	Write/journal	Draw your anger
Visualize	Think of consequences	**FREE**	Practice a hobby	Take 20 deep breaths
Count to 100	Shaking	Physical Symptoms	Pace around the room	Clenched Fists
Trigger	Racing Heart	Mind goes blank	Squeeze a stress ball	Walk away

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