B	I	N	G	O
triggers	Backward counting	anger	productive reactions	consequences
Thinking of a pleasant image	think	foul language use	Deep breathing	negative emotional reactions
tense muscles	triggers are only dangerous when pulled	**FREE**	Management	choice in how you respond
choose	sweaty palms	common reactions to trigger	anger warning signs are rai	faster heartbeat
anger is a strong emotion	Talking to yourself	ignore a trigger	triggers produce anger	active listening skills

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B	I	N	G	O
triggers are only dangerous when pulled	Deep breathing	productive reactions	Thinking of a pleasant image	foul language use
anger	triggers produce anger	consequences	Talking to yourself	negative emotional reactions
choose	Management	**FREE**	choice in how you respond	Backward counting
anger warning signs are rai	ignore a trigger	triggers	active listening skills	sweaty palms
common reactions to trigger	faster heartbeat	tense muscles	think	anger is a strong emotion

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B	I	N	G	O
Talking to yourself	ignore a trigger	Deep breathing	faster heartbeat	Management
triggers	choose	common reactions to trigger	think	consequences
tense muscles	active listening skills	**FREE**	sweaty palms	anger warning signs are rai
triggers are only dangerous when pulled	negative emotional reactions	productive reactions	triggers produce anger	anger
choice in how you respond	Backward counting	foul language use	Thinking of a pleasant image	anger is a strong emotion

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