

Anger Symptoms and Cool Downs

Throw Things	Become Aggressive	Draw Your Anger	Scream raise my voice or yell	Listen to Music
Count to 100	Talk to Someone about Your Problem	Practice a Hobby	Become Argumentative	Scowl or Make an Angry Face
Take 20 Deep Breaths	Walk Away	FREE	Body or Hands Shake	Headaches
Clench fists	Heavy or Fast Breathing	Squeeze a Stress Ball	Insult the Other Person	Start Sweating
Feel Hot	Mind Goes Blank	Face Turns Red	Can't stop thinking bout the problem	Punch Walls

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Walk Away	Squeeze a Stress Ball	Scowl or Make an Angry Face	Punch Walls	Start Sweating
Body or Hands Shake	Clench fists	Listen to Music	Count to 100	Mind Goes Blank
Become Argumentative	Go Outside	FREE	Become Aggressive	Insult the Other Person
Throw Things	Can't stop thinking bout the problem	Write About Your Anger	Scream raise my voice or yell	Practice a Hobby
Draw Your Anger	Headaches	Heavy or Fast Breathing	Feel Hot	Talk to Someone about Your Problem

Anger Symptoms and Cool Downs

Count to 100	Start Sweating	Heavy or Fast Breathing	Scream raise my voice or yell	Become Aggressive
Walk Away	Scowl or Make an Angry Face	Draw Your Anger	Clench fists	Mind Goes Blank
Headaches	Go Outside	FREE	Body or Hands Shake	Become Argumentative
Can't stop thinking bout the problem	Take 20 Deep Breaths	Listen to Music	Face Turns Red	Punch Walls
Talk to Someone about Your Problem	Throw Things	Insult the Other Person	Feel Hot	Crying