

Name: _____

Date: _____

PRO-Active

Anger Management Cycle

PRO-Social Skills

External Triggers

Things that happen outside of us that we react to in some way.

Long-Term & Short-Term Consequences
The "What If's"

Internal Triggers

What we say to ourselves about the External Trigger



Reducers

Ways to Calm Yourself Down

1. 3-Part Breath
2. Counting
3. Think @ Happy Place
4. Positive self talk (CBT)

Physical Cues

Something that happens physically in our body that lets us know we are becoming angry, stressed or sad