

Anger Management Pocket Card is on page 2 below

To print it on a 3x5 index card do the following:

1. Put a blank white unlined 3x5 index card into your printer
2. Navigate to the page 2 in this PDF file. You must be on page 2 in order to print the card.
3. Click ***Print***
4. In the print options window check both ***Current page*** and ***Choose paper source by PDF page size***

1. **Stop** musturbating... stop insisting... think I prefer, but I don't insist.
2. **Stop** awfulizing... stop making it out to be so bad.
3. **Stop** thinking I have to be perfect, and without faults, and that my purpose in life is to impress others. I accept myself the way I am. Everyone has faults, me too. Stop taking myself too seriously.
4. **Stop** wanting to punish or hurt. In the long run how will it help me if I am hurtful?

The Two Questions:

- How angry do I want to get? (0 – 10)
- How will that much anger help me?

Remind yourself that you benefit from responding non-hurtfully. Remember *your rewards*. **Take a few relaxing breaths.**