

Anger Control Thoughts Handout

Anger involves how we think about things. It is a function of how we view situations and perceive others. Our wants and expectations affect how angry we become. It is very important that we teach children more positive, anger control thinking.

"Getting Angry Won't Get Me What I Want".

"Getting Upset Will Not Change Their Mind"

"Anger Won't Solve This Problem"

"Losing Control Will Cost Me"

"Keep Cool, Don't Get in Trouble"

"Arguing Wastes Time"

"Getting Mad Will Blow My Chances"

"If I keep My Cool Now, It Will Pay Off Later"

"I Can't Always Get What I want".

"Losing My Temper Will Not Change Anything"

"Maybe Next Time"

"Things Can't Always Be Fair"

"It's Not That Big of A Deal"

"It Will Only Take A Minute"

"It's Not that Hard to Do"

"I'll Get To Do What I Want Later"

"There Are Worse Things Than This"

"It's My Job Anyway"

"It's A Chance to Get Some Credit"

"Losing My Temper Is Embarrassing"

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"Just Walk Away"

"Stay Calm. Stay Calm"

"One, two, three, four . . ."

"They Just Need to Grow Up"

"Everybody Makes Mistakes"

"They Did Their Best"

"They Meant Well"

"They Have A Lot To Deal With"

"It's Not Great But It's Getting Better"

"They Are Just Children"

"They Can't Always Be Fair"

"I Did My Best"

"I Just Need To Practice"

"I Can't Be Perfect"

"I'm Just A kid"

"Parenting/Teaching Is a Hard Job"