

What Helps You Come Down

Collect the things that have actually brought your anger down before.

WHEN TO USE THIS

Fill this in when you are calm, so you are not deciding in the middle of it.

What has ever taken you from a nine down to a six?

Cold water. A walk. Loud music. Splitting wood. Calling one person.

1. _____
2. _____
3. _____
4. _____
5. _____

Copy your best three here. Cut this out for your wallet or the fridge.

What gets in the way of doing them at the moment you need them most?

The list only helps if it is somewhere you will see it. Put it there today.