

5 Steps to Taming That Temper

1. Know what pushes your **“anger buttons.”**
2. Know your body’s anger **“warning signs.”**
3. **Stop** and **think**. Ask yourself:
“What happened that made me get angry?”
“What else did I feel when it happened?”
4. **Cage** your **rage**:
Don’t lash out.
Walk away.
Take deep breaths.
5. **Decide** what to **do**.