

# The Most Important Things To Remember About Getting Mad!

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- **I am in charge of my own feelings.**
  - I own my feelings.
  - I feel them, name them and then tell them.
  - It is okay to feel angry.
  - I learn how to express my anger in ways that are helpful.
  - Anger is part of being a human being and that's a wonderful thing to be.
- **I am in charge of my own behavior.**
  - I get my control.
  - I control what I do with my anger.
  - I gain control over how I let my anger out.
  - I watch my thoughts.
  - Hot thoughts keep me angry. Cool thoughts calm me down.
  - I practice cooling off. I learn to chill myself out. I take a chill pill.
  - I feel good about being responsible for chilling myself out.
- **I remember people are precious.**
  - I stop hurting others or myself with my anger.
  - I watch my thoughts. I watch my words. I watch my actions.
  - I own the hurtful words and actions that I do to others.
  - I learn about things I do when I am stressed and threatened.
  - I stop hurting people with my words and actions.
  - I feel good about treating people with kindness.
- **I choose to feel good about myself through speaking out.**
  - I express angry feelings in ways that are fair to others and myself.
  - I use my firm and fair words: "I feel \_\_\_\_ when you \_\_\_\_."
  - I tell my feelings and then try to work things out.
  - I feel good about saying what I feel and what I stand for.
- **I don't have to hold on to my anger.**
  - I find ways to let my anger go.
  - I talk about my hurt feelings and angry feelings.
  - I problem solve things that make me upset.
  - I keep looking until I find someone safe to talk about my anger.
  - I talk about my words and actions that hurt others.
- **I take my power!**
  - I stand up for myself. I stand up for others who are being hurt.
  - I learn to break into my mean thoughts that I use to beat myself up.
  - I feel good about learning about myself.
  - **I am powerful when I use my fair and firm words.**