

Strategies for Channelling Anger

Aim: To help you identify your own strategies for channelling your anger.

Instructions: Choose three strategies that will help you channel your anger in a helpful way.

| 1. One thought that might help (e.g. I can handle this): |
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| 2. One activity that you could try (e.g. time out): |
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| 3. One support person you could approach (e.g. partner): |
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