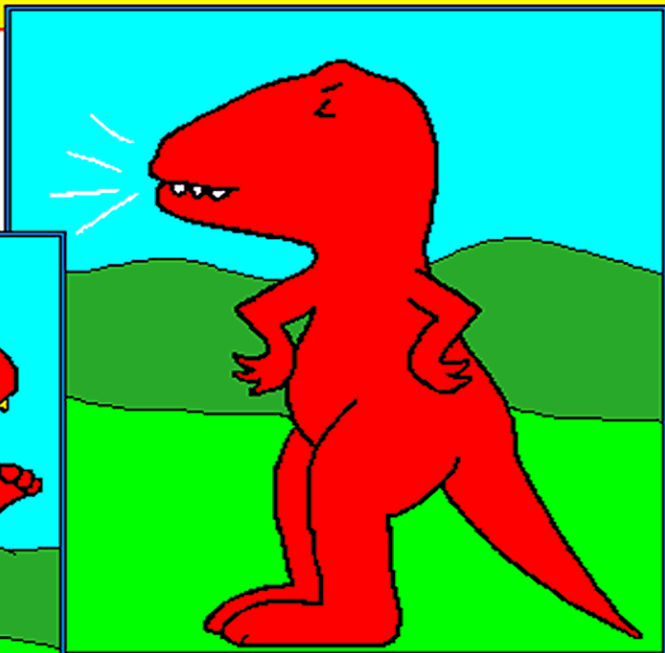
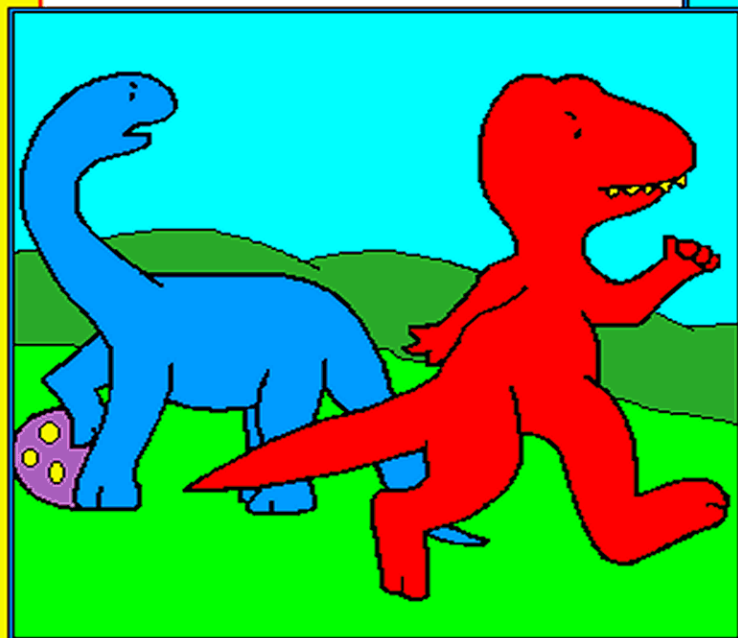


If you're too angry to think clearly enough to work out the problem, take a time out. Count to ten... Take a deep breath.



If you're still too mad, call for a longer time out. Walk away from the problem, for now... Agree to talk about it later.



To cool down - do something you enjoy. Take a walk... listen to music... read a book...

If that doesn't work - squeeze a pillow, or YELL into it, to get your ANGRIES out.

Sometimes another person that both sides trusts can help us work out our differences. This person acts as a mediator or peacemaker. He or she listens to both sides of the problem, and helps us to work out the conflict together.

