



1

Know your buttons

Think about what makes you angry. The people or places that always seem to get you going.

2

Know your early warning system

You feel different before you snap. Learn to spot these signs so you can move to step 3 before they turn into trouble.

3

Know where the escape hatches are

You might decide to just walk away. Some people pause and count to 10. When you have a few of these up your sleeve, you'll be able to stay in control whatever happens.

Breathe!

As soon as you've escaped, give yourself respect. You're strong. You're in control.

1. What are my buttons?

Write down the things that make you angry or annoyed

2. What are my early warning signs?

3. What are my escape hatches?
