

ANGER MONSTER

GETS BIG WHEN WE LOSE CONTROL

1. "You're losing control!
Let it out!"

2. "They made you mad!
It's *their* fault!"

3. "Hit it!
Yell at them!
That will make it better!"

ANGER FEEDS
ON BIG FEELINGS
AND TRIES TO
STEAL YOUR
PERSONAL POWER.

4. "You have to win!
Don't back down!"

5. "Calming down is weak.
Stay angry!"

TAKE A BREATH...
CHOOSE A BETTER WAY!

YOU ARE STRONGER THAN THE ANGER MONSTER!
YOUR PERSONAL POWER GROWS WHEN YOU STAY CALM AND CHOOSE.