

# ANGER + SELF-TALK

UNFORTUNATELY, OUR SELF-TALK IS OFTEN NEGATIVE, WHETHER IT IS ABOUT OURSELVES, OTHER PEOPLE, OR SITUATIONS WE'RE IN.

OUR HARSH INNER DIALOGUE CAN ESCALATE OUR ANGER, BUT POSITIVE SELF-TALK CAN COOL US DOWN! SEE THE FOLLOWING EXAMPLE:

-SCENARIO: JAMES IS WRITING A PAPER, AND HE'S GETTING FLUSTERED BECAUSE HE'S NOT A GOOD WRITER

-NEGATIVE SELF-TALK: "I CAN'T DO THIS! I'M NO GOOD. I'M ABOUT TO EXPLODE!"

-POSITIVE SELF-TALK: "BREATHE- YOU GOT THIS! TAKE YOUR TIME AND YOU'LL BE FINE. TAKE A BREAK IF YOU NEED TO"



## EXAMPLES OF POSITIVE SELF-TALK (FOR ANGER)

"I CAN HANDLE THIS"

"I'M GOING TO LET THIS GO. IT'S NOT WORTH IT"

"I'M IN CONTROL"

"IT'S OKAY TO MAKE MISTAKES"

"BREATHE AND RELAX"

"KEEP CALM AND CARRY ON"

"IT'S OKAY THAT I'M FEELING ANGRY. IT'S HOW I HANDLE IT THAT COUNTS"

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# Anger & Self-Talk



Unfortunately, our self-talk is often negative, whether it is about ourselves, other people, or situations we're in.

Our harsh inner dialogue can escalate our anger, but positive self-talk can cool us down! See the following example:

**-Scenario:** James is writing a paper, and he's getting flustered because he's not a good writer

**-Negative self-talk:** "I can't do this! I'm no good. I'm about to explode!"

**-Positive self-talk:** "Breathe- you got this! Take your time & you'll be fine. Take a break if you need to"

## Examples of Positive Self-Talk (for anger)

"I can handle this"

"I'm going to let this go. It's not worth it"

"I'm in control"

"It's okay to make mistakes"

"Breathe & relax"

"Keep calm & carry on"

"It's okay that I'm feeling angry. It's how I handle it that counts"

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# Credits



## Educlips

-Thank you for the  
clipart & border!



## Paula Kim Studio

-Thank you for the heart!

## The Spanglish Senorita

-Thank you for the border!



## Paula Kim Studio

-Thank you for the arrow!