

Anger Management Affirmation Cards

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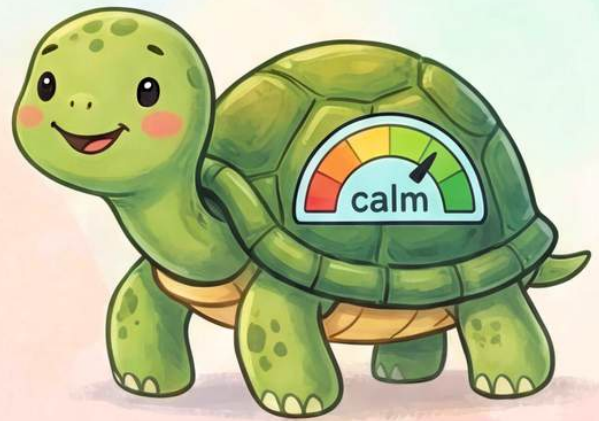
36 cards

Anger Management Affirmation Cards

I can handle big feelings.



I am getting better at staying calm.



I am proud when I make safe choices.



I can turn anger into calm.



Anger Management Affirmation Cards

I can take three slow breaths.



I can stop my body.



I can count to five.



I can squeeze my hands and relax.



Anger Management Affirmation Cards

I can take
a quiet moment.



I can sit in my
calm space.



I can slow
my breathing.



I can shake my
body and relax.



Anger Management Affirmation Cards

I can tell someone
how I feel.



I can listen to
my body.



Big feelings need
calm choices.



I can notice when
anger starts.



Anger Management Affirmation Cards

I can close my eyes and breathe.



It is okay to feel angry.



I can say
"I feel angry".



My feelings
will pass.



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I can talk about my feelings.



I can use gentle hands.



I can use a calm voice.



I can walk away.



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I can ask for help.



I can ask for a break.



I can wait my turn.



I can make a better choice.



Anger Management Affirmation Cards

I can try again.



I can stop and think.



I can think of two choices.



I can pick a safe choice.



Anger Management Affirmation Cards

I can share.



I can take turns.



I can say sorry
and fix things.



I can ask for
a solution.



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