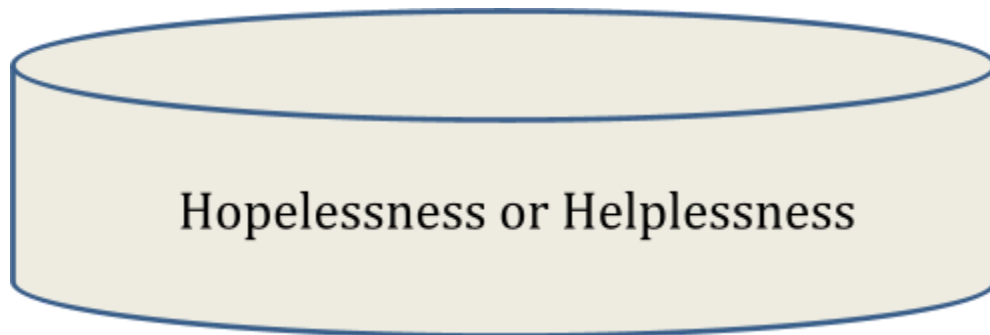




**START**

## The Anger Blanket, Part 2

We need to “Make Space” for other possibilities and thoughts. Space is best found in the 2<sup>nd</sup> layer.



Let's figure out a way to **“Take your Power Back”**

### Options:

- 1) **Other Possibilities:** Is that 100% TRUE?
- 2) **Radical Acceptance** about things we cannot change  
(Radical, meaning, to Notice without judgment, Acknowledge)
- 3) **Wisdom to know the difference:** Can or Cannot change?

# Hopelessness or Helplessness

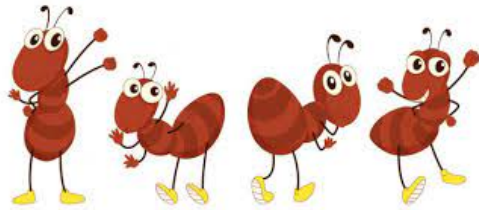
*Your feelings aren't right or wrong, but what you do about your feelings could be right or wrong. **Brainstorm healthy responses:***

Good Responses

Bad Responses

**Start by considering these anger management tips.**

- STOP. STOP. STOP.
- It's ok to be angry. But it's NOT, NOT, NOT ok to hurt someone
- Be sure to ...Breathe...slowly, intentionally for a while.
- Take a timeout...find some space to be alone
- Get some exercise...go for a walk
- Think about it...are there any ANTS?



**Automatic Negative Thoughts**

- Do you know that's 100% True?
- Are there any other possibilities?
- Any other way to see it?
- Be cautious about assigning INTENTION.
- It's ok to make mistakes. It's ok to be a learner.

# The Things We Can and Cannot Change

We could....

We Cannot Change...