

WORK SHEET – Exercise 3C

Regaining my cool.

Climb up the ladder to calm down again.



10. Even if we don't agree, it's ok.

9. I say what I want to, and I listen to the other's point of view.

8. I tell myself "It's just a temper tantrum, I can call SuperCortex in my head."



7. I don't talk so much when I'm angry.



6. I breathe slowly through my stomach.

5. I plant my feet on the ground like a tree.

4. I close my eyes or I fixate on a neutral point.



3. I breathe heavily. My heart beats fast.



2. My body is tense, contracted.



1. I feel the anger in me.