Controlling Your Anger Traffic Light

Next, put your finger on the yellow light for at least 2 min. Think about what made you angry. Ask yourself if there was anything you could of thought or done differently.

If you need to make a plan-then do it.

Stop-Place your finger on the red light for 2-3 min. Keep your finger there until you start to feel more calm. Breathe!

Finally place your finger on the green light for 2 min. Compliment yourself for gaining control of your anger. Take a deep breath and return to your work or play.