

Name: \_\_\_\_\_

# Rate the Reactions

Although feelings of anger are normal, many chosen reactions to anger are not effective. Look at each of the reactions and decide the following:

- ① *Is it effective or not and why?*
  - ② *If somebody reacts to you this way, how do you feel?*
  - ③ *How would you respond if somebody reacted this way to you?*
- 

- ① Yell, shout, swear
- ② Insults, name calling
- ③ Threats, if you don't.....then I will..
- ④ Nasty looks and gestures
- ⑤ Push, poke, slap or punch
- ⑧ Negotiate
- ⑨ Compromise
- ⑩ Listen
- ⑪ Get help from a supporting adult
- ⑫ Problem solve, use open ended questions toward a solution
- ⑫ Give an ultimatum
- ⑬ Making demands
- ⑭ Communicate confidently allowing turns and maintain eye contact
- ⑮ Maintain good body language and facial expressions
- ⑯ Throw a temper tantrum or have a melt down
- ⑰ Be in control of your own emotions
- ⑱ When all fails, walk away
- ⑲ Discuss options and make a deal

**Other:**