

Name: _____

Keep Calm and Carry On

Look at each of the actions and self talks below. Determine which ones can assist you using:

Sometimes, Always, Never, Worth a Try

- 1) Breathe deep and concentrate on calming down.
- 2) I can handle this, I will remain calm
- 3) No point in letting this anger and control me.
- 4) I'll take a cooling down time alone.
- 5) I'm in control, why do something stupid?
- 6) No sarcasm, I got this!
- 7) I'm outta here before I do something I regret.
- 8) Why let this get to me, I'll stay in control.
- 9) I can say something without getting angry.
- 10) Their opinion doesn't matter to me. It's not worth losing my cool.
- 11) Why let them get to me—not happening!
- 12) I know they're egging me on, I won't let them!
- 13) They can do what they want, they're not going to get a rise out of me.
- 14) They're trying to make me angry—guess I'll disappoint them.
- 15) I can keep my cool, it's not worth losing it.
- 16) This is a hassle I don't need to be part of.