



Anger Management- Relieving Coping Cards!

These pocket cards might help you ground yourself through those intense feelings when worry gets the best of you.

Includes:

- 12 coping skills flash cards for those on the go who want to bring along concrete, printable coping skills to improve their mental health!
- Each card measures 9cm by 12cm long when printed on A4 paper.
- To use again and again, print, cut, and laminate.
- This digital print is intended for personal use only and may not be resold, posted, or used commercially without prior permission.



Cheryl T. Long

**I'm confident
that I'll be able
to handle this
and maintain
my composure.**

**I
can feel my
rage while
remaining in
control**

**Next
time,
I'll do
better.**

**I
let go of
all my
inner
rage!**

I'm
going to take
slow breaths
till I figure
out what to
do.

I'll
remember to
take a
breather, relax,
and reflect
before acting.

I've decided to
let go of my
rage and
recapture my
happiness.

I am capable of
expressing my
rage in a
courteous
manner.

**I'm not
going to
take it
personally.**

**I
am the one
in charge,
not my
rage.**

**I give myself
permission to be
upset without
losing control.**

**It
isn't worth
getting
worked up
about.**