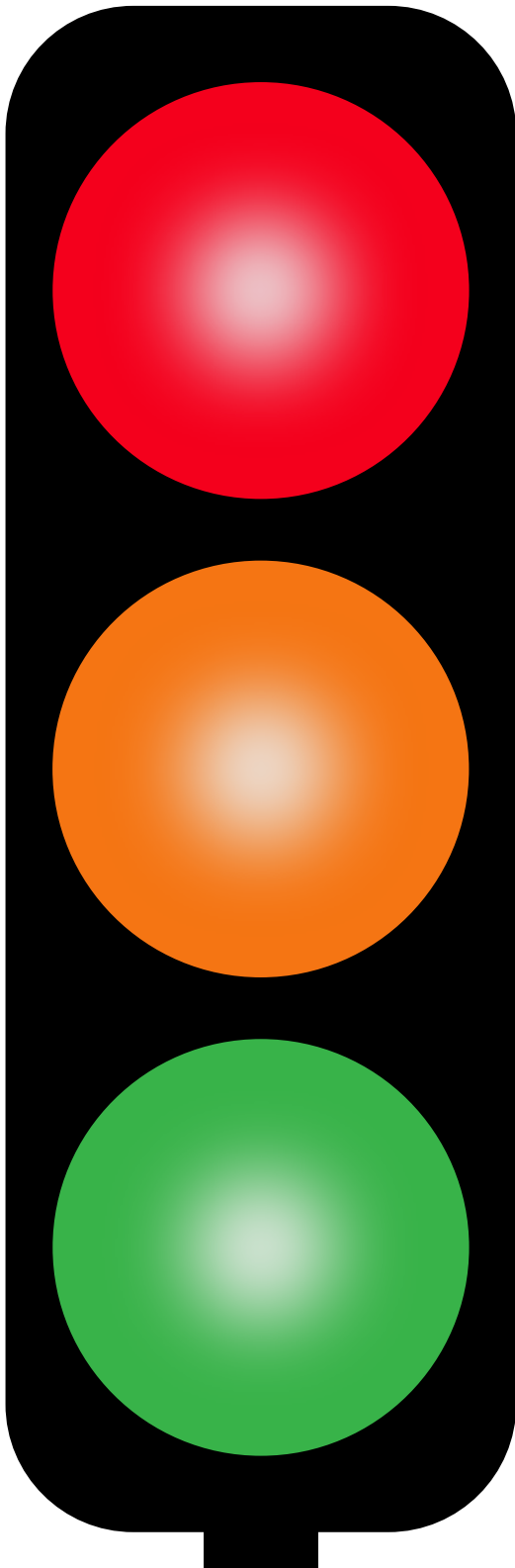


My Anger Traffic Lights

The anger traffic light is a tool to explore your feelings of anger. It can be used to think about what anger looks like to you, what are ways to manage your anger and what is helpful and what is unhelpful when feeling angry. It can also be used to share your feelings with someone else safely.

Exploring My Anger

What does my anger look like? How do I express my anger?



Red light: High Levels of Anger

(For example, swearing, breaking things, punching the wall...)

Amber light: First signs of Anger

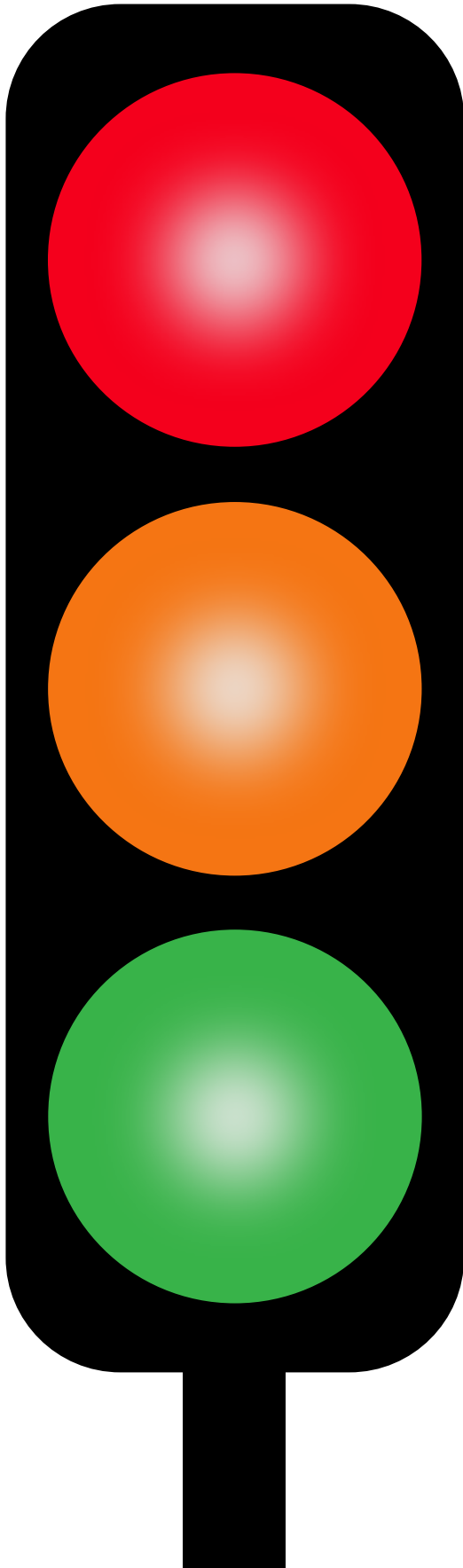
(For example, getting louder, feeling tense, start breathing faster...)

Green Light: No feelings of Anger

(For example, feeling relaxed, calmness...)

Managing My Anger

What is helpful when I feel angry? What calms me down? What can others do to help me through it?



Red light: High Levels of Anger

(For example, go in my safe space, have some alone time...)

Amber light: First signs of Anger

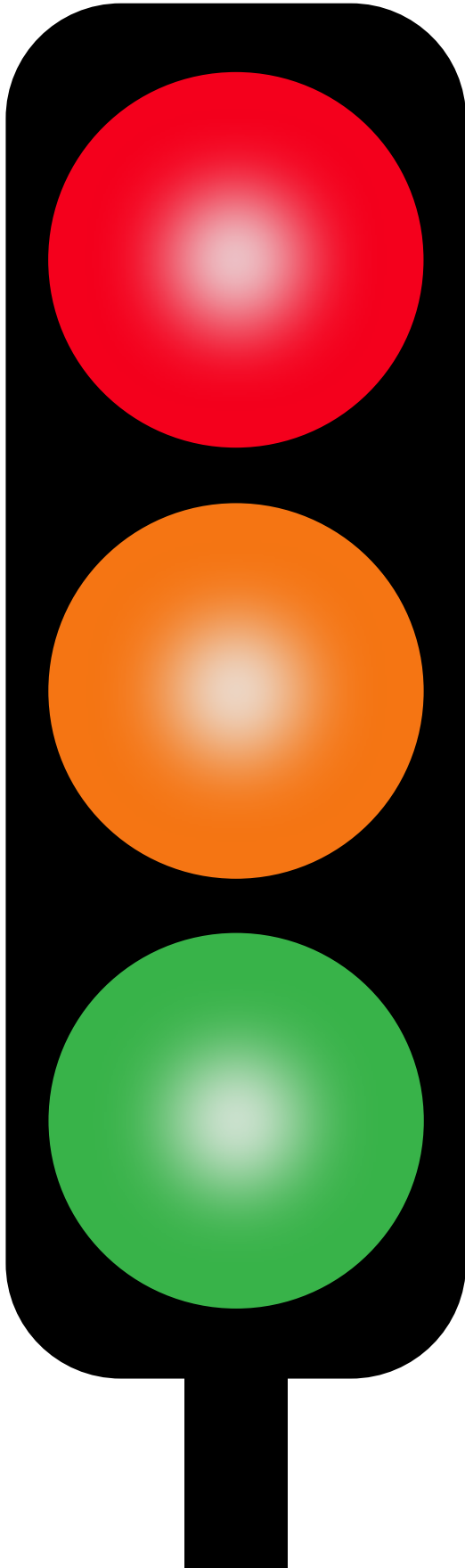
(For example, do some breathing exercise, draw...)

Green Light: No feelings of Anger

(For example, mindfulness exercises, talking to someone about things that make me angry ...)

Anger Don'ts

What is unhelpful when I feel angry? What makes me more frustrated? What can others avoid doing when I am angry?



Red light: High Levels of Anger

(For example, people talking back to me, not being left alone...)

Amber light: First signs of Anger

(For example, when someone doesn't listen to me, being ignored...)

Green Light: No feelings of Anger

(For example, when someone is mean to me, being told off...)
