

## What gets me going?

1

### Know your buttons.

Think about what makes you angry. The people or places that always seem to get you going.

2

### Know your early warning system.

You feel different before you snap. Learn to spot these signs so you can move to step three before they turn into trouble.

3

### Know where the escape hatches are.

You might decide to just walk away. Some people pause and count to 10. When you have a few of these up your sleeve, you'll be able to stay in control whatever happens.

# Breathe!

As soon as you've escaped, give yourself respect. You're strong. You're in control.

## What gets me going?

1

### What are my buttons?

Write down the things that make you angry or annoyed.

2

### What are my early warning signs?

Write down the thoughts, feelings in your body or actions.

3

### What are my escape hatches?

How can you respond differently?

Breathe!