**Affirm Yourself! Quick Tip for Cooling Down**

When you direct your attention to positive truths, you invite pleasant feelings. Anger creates negative energy in your body. Use affirmations and positive self-talk to counter it.

**Affirming Words:** Powerful, Strong, Mature, Beautiful, Confident, Worthy, Able, Resilient, Ready, Wise, Hopeful, Motivated, Capable, Smart, Loving, Peaceful, Kind, Respectful, Free

**Affirming Quotes:** When writing affirmations, set your intentions in the direction of what you want. *Write, what you want*: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Write an Affirmation using:**

• Action Words • Present Tense

• Positive Phrases • Connection to your Emotion **Affirming Phrases:** You can start with:

***I can I will I have I must I am I’m going*** I can change I will forgive I have the ability I must grow I am ready I’m going to achieve

Review list of affirmations

**a.** “I can take control of my anger and my life”

**b.** “I am in the driver’s seat; I chose to work toward bettering myself.”

**c.** “I will learn how to deal with my anger in a productive way because I am capable.” **d.** “My anger is temporary. I am mad right now, but I can calm down. Once I calm down, I’ll be able to better understand this situation.”

*Write your own affirmations below*:

1.

2.

3.

**Self-Talk:** Read and say your personal affirmation out loud daily. This will serve as a reminder and will allow you to focus on the journey ahead and inspire you to continue to make positive changes.

*Working on Your Anger Worksheet Anger Management Essentials*