

# THINK ABOUT...

**T**une into your anger cues

**R**ecognize that you're angry

**I**nitiate a respectful time-out if necessary

**G**et yourself calmed down

**G**enerate alternative ways of looking at the situation

**E**mpathize with the other person

**R**e-engage with the other person in a respectful way

**S**eek out effective communication, conflict resolution, and problem-solving