

Conflict resolution Therapy Worksheet: Version 2

Take responsibility for your actions	Practice Relaxation Techniques	Pay close attention to the input you receive from all 5 senses: sight, sound, touch, smell, and taste.
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Take Deep Breaths	Listen to Music	Tear the pages to divert your anger
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Go for a walk	Stop-Take time before reacting	Know your triggers & Walk away from them
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Start Counting, take time to react, and count to 50 to cool down yourself.	Drink a glass of water	Go to another corner that is quiet.
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Talk to your friend	Blow the bubbles to calm your anger	Exercise Regularly
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