Pleasant Seeking resolution Focusing anger on source Holding to primary complaint Thinking logically Unpleasant Loud Displacing the anger to other sources Verbal abuse Expressing unrelated complaints Emotionally destructive behaviour Swearing Throwing objects Destroying property Physical abuse Passive-aggressive behaviour

It's good to set boundaries around anger. Even when kids are so wild and worked up they can't think straight, they can still stick within the rules.

## Here are the anger rules:

It's okay to feel angry, but...

- · I must not hurt others hitting, cruel words
- I must not hurt things damaging property
- · I must not hurt myself driving, drinking, self-harm
- I must talk about it eventually