



**If people criticize me, I  
can survive that. Nothing  
says I have to be perfect.**

### **SELF TALK**

Both research and experience show that when people with anger problems change their self talk, their anger de-escalates and they re-gain control. When you feel yourself starting to get angry, take a TIME OUT and read these statements to yourself. Transfer them to 3x5 note cards and read them several times a day as well as during your TIME OUTs.

- I don't need to prove myself in this situation. I can stay calm.
- As long as I keep my cool, I'm in control of myself.
- No need to doubt myself, what other people say doesn't matter. I'm the only person who can make me mad or keep me calm.
- Time to relax and slow things down. Take a time out when I get stressed.
- My anger is a signal. Time to talk to myself and to relax.
- I don't need to feel threatened here. I can relax and stay cool.
- Nothing says I have to be competent and strong all the time. It's OK to feel unsure or confused.
- It's impossible to control other people and situations. The **only** thing I can control is myself and how I express my feelings.
- It's OK to be uncertain or insecure sometimes. I don't need to be in control of everything and everybody.
- If people criticize me, I can survive that. Nothing says I have to be perfect.
- If this person wants to go off the wall, that's their thing. I don't need to respond to their anger or feel threatened.
- When I get into an argument, I can stay to my plan and know what to do. I can take a Time Out.
- Most things we argue about are stupid and insignificant. I can recognize that my anger is just my having old primary feelings being re-stimulated. It's OK to walk away from this fight.
- It's nice to have other people's love and approval, but even without it, I can still accept and like myself.
- People put erasers on the ends of pencils for a reason. It's OK to make mistakes.
- People are going to act the way they want to, not the way I want.
- I feel angry; that must mean I have been hurt or scared.