

Tame your rage specter



- Identify when you are feeling rage or anger.
- Don't react.**
- NAME your rage: Is it fear, loneliness, hurt feelings?
- SPEAK your rage: Verbalize your anguish - to yourself and/or a trusted friend.
- FEEL your rage: Go through the motions of hard feelings. They are there to teach you something.
- Tame the flames - go inward before reacting or speaking.
- Forgive and move on.
- Enjoy your growth victory and inner peace.

Suck it rage, I won!



SISTERHOOD
draws