



### **Identify Warning Signs**

1. What am I feeling in my body?
2. What am I thinking when I am arguing with my spouse?
3. What emotions are present along with the anger?
4. What behaviors do I exhibit when I am angry?

### **Time Out Activities**

1. What are relaxing activities that I enjoy?
2. Where can I go that is peaceful and stress free?
3. How can I make my environment stress free?