

# Social Skills

## Controlling Emotions

1. Monitor the feelings you have in stressful situations.
2. Instruct yourself to breathe deeply and relax when stressful feelings begin to arise.
3. Reword angry feelings so they can be expressed appropriately and calmly to others.
4. Praise yourself for controlling emotional outbursts.

MARIAH DIDN'T INVITE ME TO HER PARTY! I'M SO MAD!

OKAY, CALM DOWN, SELF. MAYBE MARIAH JUST FORGOT TO INVITE ME, OR MAYBE MY INVITATION GOT LOST ...

I'M GOING TO COUNT TO 10, AND THEN I'M JUST GOING TO ASK MARIAH.

HI, MARIAH. I WAS JUST WONDERING ABOUT YOUR PARTY ... I MEAN, I DIDN'T GET AN INVITATION ...

OMIGOSH, HANNA! I KNOW I WROTE AN INVITATION FOR YOU! LET ME CHECK MY BOOK BAG.

OH, THANK YOU, MARIAH! I'M SO EXCITED FOR YOUR PARTY!

HERE IT IS! IT WAS STUCK INSIDE A NOTEBOOK IN MY BAG!

NICE, JOB, SELF! IT WAS JUST A MISTAKE!

