What to Do When Something or Someone is Bugging You!

What you can say:

1. “What you are doing makes me feel angry.”
2. “Please stop doing that”.
3. “I feel angry when you \_\_\_\_\_\_\_\_\_\_\_”.
4. “I’m upset because \_\_\_\_\_\_\_\_\_\_\_\_\_\_”.
5. “I don’t like it when you \_\_\_\_\_\_\_\_\_\_.”

What you can do:

Take 10 deep breaths. 

Write about it. 

Talk about it when you are calm. 