

ANGRY'S WORKSHEET

Stoplight

HI! I'M ANGRY!

Part of understanding what it means to be angry means we have to think about how we feel. I've created this helpful check you can use if you think you are beginning to feel upset!



HERE IS MY STOPLIGHT!

When it is **GREEN**, I know that I am all good and feeling fine.

When my light is **YELLOW**, I usually begin to realize something is not right. I notice this because I start having negative thinking, or I begin to feel other emotions, or my face gets all hot and my fists clench up.

When my light is **RED**, I know it is time to talk to my trusted adult and look into my suitcase for some coping strategies.

MAKE YOUR OWN STOPLIGHT!

Draw or write your answers to the questions below in each circle. Use the back of this page if you'd like to draw your own stoplight.

GREEN

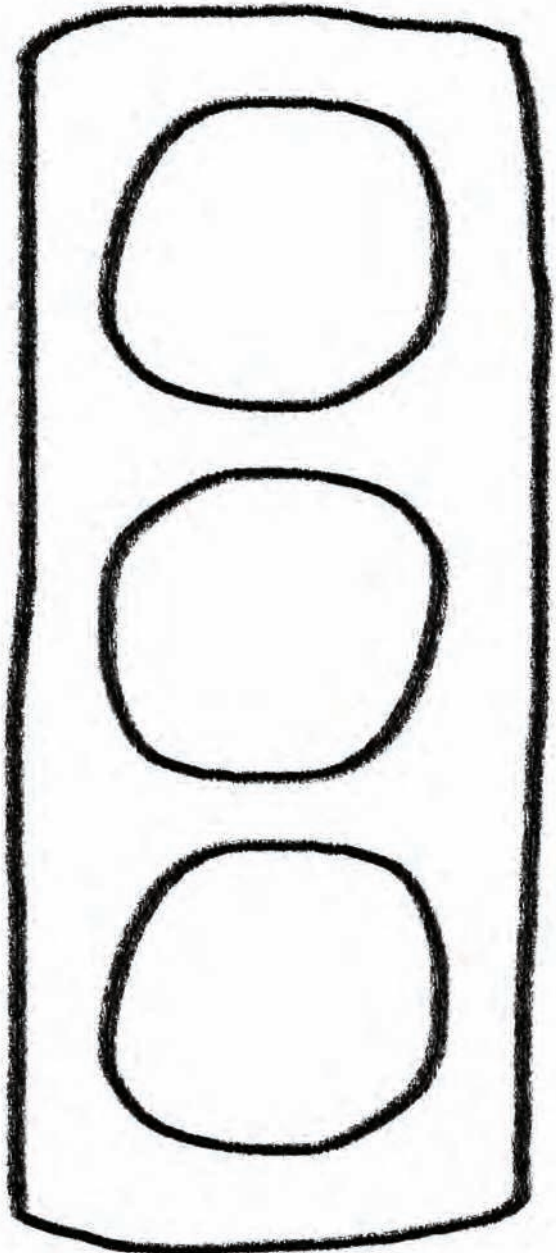
What are some ways you know you are feeling fine and not feeling angry?

YELLOW

What are some ways you know you might be starting to get angry?

RED

What are some ways you know you are angry?



Depression and Bipolar
Support Alliance

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