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		HOW DO YOU ACT?	WHAT CAN YOU DO ABOUT IT?
ENRAGED EXPLOSIVE FEROCIOUS		YELLING, STOMPING ARGUING, REFUSING TEMPER TANTRUM SHUTTING DOWN THROWING THINGS DESTRUCTIVE IMPULSIVE MELTDOWN	<div>1 2 3 4 COUNT TO 10 OR 100</div> <div>TALK TO AN ADULT</div> <div>STOP, AND WALK AWAY</div> <div>TAKE DEEP BREATHS</div> <div>MOVE YOUR BODY OR EXERCISE</div> <div>TAKE A NAP</div> <div>PRACTICE GROUNDING TECHNIQUES</div> <div>TALK YOURSELF INTO BEING CALM</div> <div>TENSE AND RELAX YOUR MUSCLES</div> <div>THINK OF A PEACEFUL PLACE</div>
ANGRY HOT MAD			
FRUSTRATED IRRITATED STRESSED OUT		LOUD VOICE STOMPING FEET CLENCHING FIST ARGUING NEGATIVE ATTITUDE	<div>SCREAM A STRESS BALL</div> <div>GET A DRINK OF WATER</div> <div>TAKE A WARM/COLD SHOWER</div> <div>MEDITATE/ PRAY</div> <div>TRYK WALK</div> <div>JOURNAL ABOUT YOUR FEELINGS</div>
ANNOYED DISAPPOINTED UPSET		SIGH LOUDLY GROWL EYE ROLL GLARE RAISE VOICE	<div>GET OR GIVE A HUG</div> <div>TALK TO FRIENDS OR FAMILY</div> <div>GET SOME FRESH AIR</div> <div>LISTEN TO MUSIC</div> <div>DO A HOBBY YOU ENJOY</div> <div>MOVE AWAY FROM THE TRIGGER</div>
CALM PEACEFUL RELAXED		SMILING RELAXED BODY ENGAGED PAYING ATTENTION ENJOYING YOURSELF	<div>SMILE & PRACTICE GRATITUDE</div> <div>HELP SOMEONE ELSE</div> <div>USE KIND & POSITIVE WORDS</div> <div>TAKE STEPS TOWARDS YOUR GOALS</div> <div>KEEP LISTENING</div> <div>WRITE ABOUT YOUR SUCCESSSES</div>

Good And Angry

Christian Drosten



Good And Angry:

The Enigmatic Realm of **Good And Angry**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Good And Angry** a literary masterpiece penned by way of a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of those who partake in its reading experience.

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