

# Anger management cards

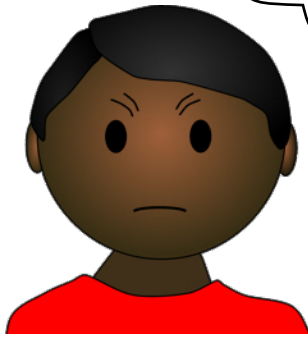


Abair stop leat féin.



Tabhair am le  
smaoineamh duit féin.

# Anger management cards



Is féidir liom é  
seo a láimhseáil.

Abair leat féin go bhfuil tú  
in ann é seo a láimhseáil



Bí séamh...

Abair leat féin,  
“Bí séamh, bí séamh,  
bí séamh”.

# Anger management cards



Siúl ar aghaidh.

A black-outlined speech bubble with a tail pointing towards the bottom right. Inside the bubble, the numbers 1, 2, 3, 4, 5, 6, 7 are written in a green, bold font, followed by an ellipsis. The bubble is set against a white background within a red rectangular border.

1, 2, 3, 4, 5, 6, 7...

Comhair go deich.

# Anger management cards



Abair le duine eile  
conas a mhothaíonn tú.

A large white speech bubble with a black outline and a tail pointing towards the bottom right. Inside the bubble, the numbers '1, 2, 3, 4, 5, 6, 7...' are written in green.

Comhair go fiche.

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Análaigh go doimhin.



Tóg go bog é  
agus teannaigh  
do chuid mhatáin.

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Déan roinnt aclaíocht.



Téigh go dtí áit  
fholamh agus scread.