What To Do Instead

When someone is aggravating or interferes with you, you can choose to respond in ways that do not make matters worse. You can do one or more of the following things instead.

- **Ask the person to stop the offending behavior.**
- **Tell the person how you feel in a firm calm voice.**
- **Walk away.**
- **Stop and think. Consider your options. Think about what might happen if you said or did something to make the matter worse.**
- **Remember that you are in charge of your actions and control your desire to act negatively.**
- **Tell yourself that it is okay to feel angry but it is not okay to hurt others.**
- **Breathe deeply in through your nose and out through your mouth.**
- **Look for an adult who might be able to help.**
- **Count slowly to "10". Keep counting until you feel your anger disappearing.**
- **Visualize yourself looking at the situation from above and see the behavior as silly.**
- **Think of something that makes you happy and smile.**
- **Treat the other person with kindness and respect. It is hard to be mean to someone who is being nice to you.**
- **Remember that getting back at someone never makes a conflict better. It only makes it worse.**
- **Find another person to be with.**