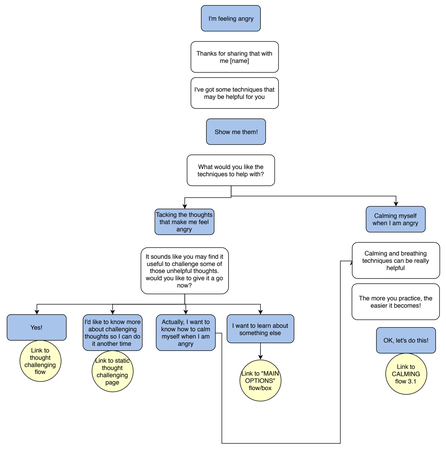
FLOW 6


I'm feeling angry
Thanks for sharing that with me [name]
I've got some techniques that may be helpful for you
Show me them!
What would you like the techniques to help with?
Tacking the thoughts that make me feel angry
Calming myself when I am angry
It sounds like you may find it useful to challenge some of those unhelpful thoughts, would you like to give it a go now?
Calming and breathing techniques can be really helpful
The more you practice, the easier it becomes!
Yes!
I'd like to know more about challenging thoughts so I can do it another time
Actually, I want to know how to calm myself when I am angry
I want to learn about something else
OK, let's do this!
Link to thought challenging flow
Link to static thought challenging page
Link to "MAIN OPTIONS" flowbox
Link to CALMING flow 3.1