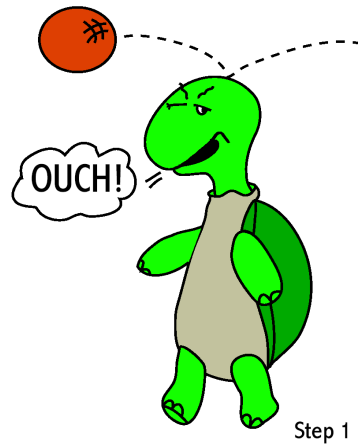
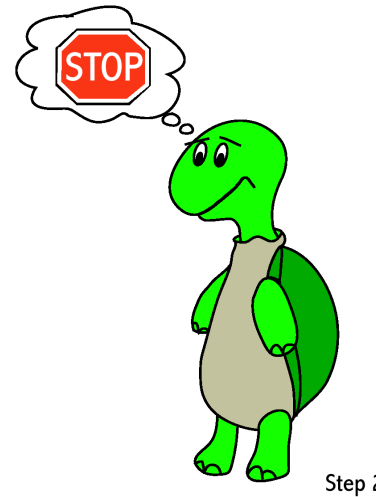


### Handout 5.5: The Turtle Technique

**Recognize  
that you  
feel angry.**



**“Think”  
Stop.**



**Go into shell.**

**Take 3 deep  
breaths.**

**And think  
calm, coping  
thoughts.**



**Come out of  
shell when  
calm and  
think of a  
solution.**

