# Anger and Irritability Management Skills

Do you **REGRET** things you say or do when you are angry?

Do you feel **ROAD RAGE** when you drive?

Does your anger make a **HEALTH** condition worse?

Do you get in trouble at **WORK** because of your temper?

Do you often argue with your **FAMILY** and friends?

Change is possible! AIMS is a free confidential online course that teaches skills and tools to get along better with people and control your reactions to irritating events.

You don't need to register. To get started, just go to:

**www.veterantraining.va.gov/aims**

U.S. Department of Veterans Affairs

For additional information, contact us at AngerManagement@va.gov