

AIMS ANGER & IRRITABILITY MANAGEMENT SKILLS

A Confidential Web Course from VA



Learn Skills That Help You

- ▶ Get along better with people
- ▶ Control your reactions to irritating events
- ▶ Avoid the negative consequences of getting too angry
- ▶ Build a personalized plan for managing anger

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www.VeteranTraining.va.gov/AIMS

Download the app to customize and
use many AIMS tools on-the-go.



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