GIVE YOURSELF AN EXIT

AN EXIT LINE YOU CAN USE.



“I’m too heated to talk clearly. I need a break. I’ll check back when we can talk safely.”

My exit line:

_____

_____

A safe place I can go:

_____

When I can check back:

_____

Use the break to get space.
Keep it safe.

SUPPORT / SAFETY / PRACTICE

ANGER IS A SIGNAL. SAFETY COMES FIRST.

If anger keeps damaging your day, relationships, or sense of control, ask a trusted adult or counselor for help practicing safer responses.

Threats or bullying? Get support. Save the messages if it’s safe. You do not have to keep engaging.

Repair doesn’t mean returning to someone who makes you unsafe.

If you feel close to hurting yourself or someone else, tell a trusted adult and get crisis support now.

988 Suicide & Crisis Lifeline

Call or text 988 for crisis support.
Immediate danger? Call 911.

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13 / TEENS AGES 13–18

BEFORE YOU HIT SEND— OR SNAP

Anger is real.
Your next move still matters.



PAUSE. GET SPACE. CHOOSE YOUR NEXT MOVE.

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Mile or a Millimeter

01 / NOTICE THE BUILD-UP

CATCH THE BUILD-UP.

Anger can point to unfairness, hurt, stress, or overload. It doesn't make hurting someone okay.



- ☐ Tight jaw or clenched hands.
- ☐ Fast typing or a louder voice.
- ☐ Feeling flooded or restless.

Pressure points today:

Circle: Hunger / Tiredness / Stress
Too much noise / Something else

My earliest clue:

Notice it earlier. Give yourself space.

02 / PUT SPACE BEFORE SEND

DRAFT IT. DON'T SEND IT.

Use this page or a private note.
Keep it out of the message thread.



What I want to fire off:

What do I actually need?

A version that says it clearly:

"That comment hurt. Please stop. I'm taking a break from this chat."

Keep drafts out of the live chat.

03 / OWN YOUR NEXT STEP

REPAIR WHAT YOU CAN.

When it's safe and you're ready, name what happened without blaming the other person for your reaction.



My part:

A repair I can offer:

My safer move next time:

"I was angry, and I insulted you. That wasn't okay. I'm sorry. Next time I'll pause before replying."

When it's safe and you're ready.