It can be tough staying cool when someone pushes your “unfair” button, but you can learn how. Up for the challenge? Try this:

1. **Notice what’s going on with you.** When you start feeling like you’re losing control your chest may tighten. Your mind may start filling with fuel-ish thoughts.

2. **Stop.** Slam on the brakes before you go off the deep end and do or say something that’s going to get you in trouble. Even if you’ve already said or done some things that weren’t great, it’s never too late to stop.

3. **Close your eyes.** Closing your eyes blocks out the person you’re angry with and helps you get back in balance faster.

4. **Breathe.** Inhale slowly and evenly through your nose. Then relax your mouth and exhale slowly. Repeat 5–10 times.

5. **Decide.** Now that you’re calmer, think about the best way to respond to what happened.

6. **Your challenge.** From now on, whenever you start to feel like you’re losing it, remember to breathe and put yourself back in control.