

Name: _____

Anger Triggers

Everyone experiences anger. Anger is normal. Anger can be positive and provide chances for us to stand up for what we believe in. But anger reactions can be a problem if control is lost. Understanding the trigger for anger can help us learn how to better manage our reactions and stay in control. For the triggers—explain what calming method helps you.

For each of the potential triggers below, decide how much of a trigger this is for you using: **S for sometimes, A for always, N for never.**



_____ When I am being ignored

_____ When promises are not kept

_____ When somebody else doesn't understand me

_____ When others don't pull their weight

_____ When I'm treated unfairly

_____ Somebody else is mean to me

_____ When somebody else is inconsiderate to me

_____ When others are late

_____ When others act in a selfish way

_____ When I feel someone tries to control me

_____ When people expect too much from me

_____ When I am being disrespected

_____ When I am being threatened

_____ When someone embarrasses me

_____ When I can't get help from anyone

_____ Other: _____