

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 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.**

\_\_\_\_\_ Not understanding something at school

\_\_\_\_\_ Too much work at school

\_\_\_\_\_ Large groups of people

\_\_\_\_\_ Being treated unfairly

\_\_\_\_\_ Dispute with family or a friend

\_\_\_\_\_ Criticism

\_\_\_\_\_ Loud noises

\_\_\_\_\_ Not having enough free time

\_\_\_\_\_ Bad weather

\_\_\_\_\_ Being hungry

\_\_\_\_\_ Not getting enough sleep

\_\_\_\_\_ Being left out

\_\_\_\_\_ Being teased or harassed

\_\_\_\_\_ Being threatened

\_\_\_\_\_ Loss of privilege

\_\_\_\_\_ Too much screen time

\_\_\_\_\_ Waiting times

\_\_\_\_\_ Unable to finish tasks

\_\_\_\_\_ Disagreement or differing of opinion

\_\_\_\_\_ Disappointment

\_\_\_\_\_ Embarrassment      Other: \_\_\_\_\_