Name	Date
THE CYCLE OF ANGER  Worksheet	
Use an example of your experience of the cycle of anger to complete the diagram below!	
Trigg An event or situa	gering Event tion "triggers" a person's anger
Behavorial Response	
The person reacts based upon thoughts, feelings, and physical symptoms	
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	Negative Thoughts  Irrational and negative thoughts occur as a results of the triggering event.
Physical Symptoms  The body automatically responds to anger with several symptoms.	
	Emotional Response  Negative thoughts lead to negative emotions, even if the thoughts are irrational.