

Name: _____

Date: _____

ANGER TRIGGERS

Identify and write down situations, people, or thoughts that typically trigger your anger.

Part A: Common Triggers

- Being interrupted
- Feeling disrespected
- Traffic or delays
- Feeling ignored
- Being misunderstood

Part B: Personal Triggers

Write your top 5 personal anger triggers:

Reflection: What do these triggers have in common?

How can you prepare for or avoid these triggers?