

UNDERSTANDING YOUR TRIGGERS FOR ANGER

Being able to identify triggers for anger will help you avoid becoming angry in situations. Watch the role-plays and identify triggers for anger!

1. _____
2. _____
3. _____
4. _____
5. _____

Why are this triggers for you?

1. _____
2. _____
3. _____
4. _____
5. _____

How do these triggers make you feel?

1. _____
2. _____
3. _____
4. _____
5. _____

Being able to spot triggers, recognizing why they are triggers and how they make you feel, will help you recognize when you should implement your anger management techniques.