



MY ANGER TRIGGER SELF-ASSESSMENT

Read each of the items and rank from 1 - 10 how angry each trigger makes you!
The greater the number, the greater the influence each trigger has that makes you angry.

HOME

- | | |
|--|---------------------------------|
| _____ My siblings touch my things. | _____ My parents yell at me |
| _____ I get in trouble for something I didn't do | _____ I get grounded |
| _____ I get treated unfairly | _____ I lose at a game activity |
| _____ I get ignored | _____ My parents argue |
| _____ Someone calls me a name | _____ Someone breaks a promise |
| _____ I get told "no" | _____ I have to stop playing |

SCHOOL

- | | |
|--|--------------------------------------|
| _____ I get a bad grade on a test or project | _____ The teacher doesn't call on me |
| _____ Someone steals my things | _____ Someone touches my stuff |
| _____ I get in trouble for something I didn't do | _____ I have too much work to do |
| _____ I lose during game activity | _____ Someone tells me what to do |
| _____ Someone calls me a name I don't like | _____ I don't understand assignment |
| _____ The work is too hard for me | _____ Someone lies to me |
| _____ People talk about me behind my back | _____ I get treated unfairly |

ON A TEAM OR IN THE NEIGHBORHOOD

- _____ I get criticized for my performance
- _____ My friends don't include me
- _____ I don't play well in a game
- _____ Someone talks trash about my family
- _____ Someone talks trash about me
- _____ I lose a game activity
- _____ I'm talked about behind my back
- _____ No one tells me "good job"