

IDENTIFY TRIGGERS

Read this list of triggers and check off the ones that make you angry!

- ☐ Someone tells you privately that you did something wrong.
- ☐ Your boss belittles you .
- ☐ You wife says that you haven't been doing enough at home.
- ☐ You get stuck in traffic.
- ☐ You are overwhelmed but your boss gives you more work.
- ☐ You want something you can't have now.
- ☐ You hear that someone has been spreading rumors about you.
- ☐ Your friend tells you that you are wuss for not doing something.
- ☐ You are accused of doing something you didn't do.
- ☐ You get caught doing something you shouldn't have been doing.
- ☐ Someone tries to tell you how to run your life.
- ☐ An employee doesn't respect your authority.
- ☐ You are told that you can't do something.
- ☐ You are pushed aside when you are asking for help.
- ☐ Someone doesn't agree with you.
- ☐ Someone doesn't do what you tell him to do.
- ☐ Your boss takes over a situation (overrules you).
- ☐ Someone threatens you.
- ☐ Your child spills a glass of milk on the carpet.
- ☐ Your child doesn't listen to you.
- ☐ Someone unexpected happens that messes up your schedule.