



MY ANGER TRIGGER SELF-ASSESSMENT

An anger trigger is something that happens to make you feel irritated, frustrated, or mad. Go through this list and, on a scale of 1-10, identify how angry each of the triggers makes you feel.

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| ----- When an adult yells at me or scolds me | ----- When I don't feel listened to or understood |
| ----- I get grounded or lose my privileges | ----- When I'm not good enough at something |
| ----- I get a bad grade on a test or assignment | ----- I'm not invited to an event |
| ----- I get in trouble for something I didn't do | ----- I get physically injured |
| ----- My parents make a big deal out of nothing | ----- I lose while playing a video game |
| ----- Someone breaks their promise to me | ----- Certain rules that my parents have for me |
| ----- My friends talk about me behind my back | ----- I get betrayed by someone close to me |
| ----- Other people talk about me behind my back | ----- People tell me what to do |
| ----- People touch my things without permission | ----- I'm lied to |
| ----- People go into my room without permission | ----- My family members' behaviors or habits |
| ----- I lose at a sport or competition | ----- I'm treated unfairly |
| ----- My parents argue with each other | ----- I'm forced to do something I don't want to |
| ----- feel disrespected by an adult | ----- Other people have what I want |
| ----- Other people make decisions for me | ----- I have too much work to do |
| ----- I'm left out by my family or friend group | ----- Someone talks about my family member |
| ----- My electronics stop working | ----- People are rude, inconsiderate, or disrespectful |
| ----- People invade my personal space | ----- Someone puts their hands on me |
| ----- People talk to me like I'm a kid | ----- Things don't go as I planned |
| ----- I get criticized for something I did | ----- I get embarrassed publicly |
| ----- I'm bullied or picked on | ----- I'm not a priority to friends or family members |
| ----- People steal from me | ----- Someone takes advantage of me |

What are some other things that make you feel angry?