

Name:

Date:

1. High Risk Situation:
(What was happening when
you first got mad/ upset?)

2. The Trigger: What made you mad/upset?

3. You are just now angry. How
are you feeling?

4. How can you avoid this problem
next time?

7. Harmful Behavior

Instead of avoiding getting
in trouble, you acted out.
How did you act out?

The Cycle of Anger helps a
person understand what
happens when he gets
angry. It also helps him
identify ways to break that
cycle by using a coping
strategy.

EXIT

6. What can you do now to
avoid getting in trouble?

8. You still have a choice to avoid getting
in trouble, what can you do?

5. You are getting angrier. How
are you feeling now?

EXIT

