

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

