

## My Anger Triggers Worksheet

Think about occasions when you have felt angry. What sort of things set you off? What triggers make you feel angry?

<input checked="" type="checkbox"/>	Triggers:	<input checked="" type="checkbox"/>	Triggers:
<input type="checkbox"/>	Being physically hurt	<input type="checkbox"/>	Inconsiderate people
<input type="checkbox"/>	Being treated unfairly	<input type="checkbox"/>	Feeling stressed out
<input type="checkbox"/>	When I think someone is wasting my time	<input type="checkbox"/>	Getting a fine (such as a parking fine)
<input type="checkbox"/>	Being stuck in traffic	<input type="checkbox"/>	Not being listened to
<input type="checkbox"/>	Feeling disappointment in myself	<input type="checkbox"/>	Being ignored
<input type="checkbox"/>	Feeling disappointment in others	<input type="checkbox"/>	Being made fun of
<input type="checkbox"/>	Feeling irritated	<input type="checkbox"/>	People not believing me
<input type="checkbox"/>	Having a disagreement with intimate partner	<input type="checkbox"/>	Being bullied
<input type="checkbox"/>	Being lied to (cheated)	<input type="checkbox"/>	Witnessing someone else being bullied
<input type="checkbox"/>	Being accused unfairly	<input type="checkbox"/>	Being criticised (excessively or for a long time)
<input type="checkbox"/>	Being reprimanded	<input type="checkbox"/>	Not getting what I want
<input type="checkbox"/>	Being told off publicly	<input type="checkbox"/>	Asking for help and not getting it
<input type="checkbox"/>	Someone stealing from me	<input type="checkbox"/>	Having unresolved problems
<input type="checkbox"/>	Feeling low about myself	<input type="checkbox"/>	Feeling depressed
<input type="checkbox"/>	Feeling that I have not achieved a lot in my life	<input type="checkbox"/>	Feeling that my partner / family / friend is ashamed of me
<input type="checkbox"/>	Losing something important to me	<input type="checkbox"/>	Not achieving my goals
<input type="checkbox"/>	Being told what to do	<input type="checkbox"/>	Being taken advantage of (feeling used)
<input type="checkbox"/>	<i>Other (describe):</i>	<input type="checkbox"/>	<i>Other (describe):</i>



Think about situations where you feel angry? What is your particular trigger? What sets you off?

**My Trigger is (I get really angry when...)**

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