

Name:

Date:

Anger Triggers

Identify how angry each of the triggers makes you feel.

FURIOUS (4)	ANGRY (3)	FRUSTRATED (2)	CALM (1)
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- People steal from me
- I get criticized for something I did
- I'm not invited to an event
- I get grounded or lose my privileges
- People are rude, inconsiderate, or disrespectful
- My electronics stop working
- I get in trouble for something I didn't do
- Things don't go as I planned
- I lose while playing a video game
- Someone takes advantage of me
- When I'm not good enough at something
- Someone puts their hands on me
- Someone breaks their promise to me
- When an adult yells at me or scolds me
- Certain rules that my parents have for me
- My parents make a big deal out of nothing
- I'm bullied or picked on
- I'm not a priority to friends or family members
- When I don't feel listened to or understood
- I get a bad grade on a test or assignment
- People invade my personal space
- I get physically injured