



Anger Triggers

One of the most important parts of successful anger management is to know your triggers. Triggers are whatever it is that set you off. They can be anything, from a person saying something offensive, to a driver cutting you off in traffic. Anger management is largely about prevention. Knowing your triggers is the first step in intercepting anger before it starts.

Here are some common triggers. Please write down your own that apply to each area:

Emotions/Thoughts: (e.g., a bad mood, worrying about your presentation)

People (e.g., that guy at work you really dislike, your rude cousin Doug)

Places/Things (e.g., that restaurant where you broke up with your ex, a hate symbol)

Situations (e.g., You get criticized at work, you see someone being bullied)
Think about your three biggest triggers. These may make you the angriest and/or they happen most often. Please list them below:v

1. _____
2. _____
3. _____



ANGER DIARY

When working on anger management, it is critical to get the complete picture. Keeping an anger diary will help you understand what caused you to become angry and how you currently cope with it. After filling out this diary, you will have a better idea of how your anger develops.

Situation	Trigger	Warning Signs	Thoughts and Emotions	Response	Outcome
Where? When? Who?	What Set Me Off?	Physical and Emotional Cues	What Were You Thinking and Feeling?	What Did You Do?	What Were The Consequences?



ANGER DIARY

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