



What sets you off?

Different things trigger a person's anger. Some common triggers are listed below. Check the ones that trigger your anger. Use the blank spaces to fill in your own triggers.

I feel angry when I:

- Think I am treated unfairly.
- Am embarrassed.
- Feel ignored.
- Don't get credit for something I've done.
- Have to follow orders.
- Fail at something or don't do something well.
- Feel helpless or out of control.
- Get jealous.
- _____
- _____
- _____
- _____

I feel angry when people:

- Insult me.
- Criticize my work or me.
- Don't listen to me.
- Disagree with me.
- Don't work hard as I do.
- Lie to me.
- Tell me what to do.
- Are rude or inconsiderate.
- Are late.
- Don't act or feel the way I think they should.
- _____
- _____
- _____
- _____

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I feel angry when faced at these events or situations:

- q Traffic jams and encounters with other drivers
- q Conflict at work
- q Family arguments
- q Child misbehavior or temper tantrums
- q Waiting in line at the bank, store, etc.
- q Financial problems
- q Yelling or loud noises
- q Mistakes or errors
- q Wasted time
- q Losing a game or a contest
- q Name-calling or people "pushing my buttons"
- q Child abuse
- q Prejudice toward anyone
- q Mistreatment of animals
- q _____
- q _____
- q _____
- q _____
- q _____

Once you are aware of things that set you off, you can work to change.

