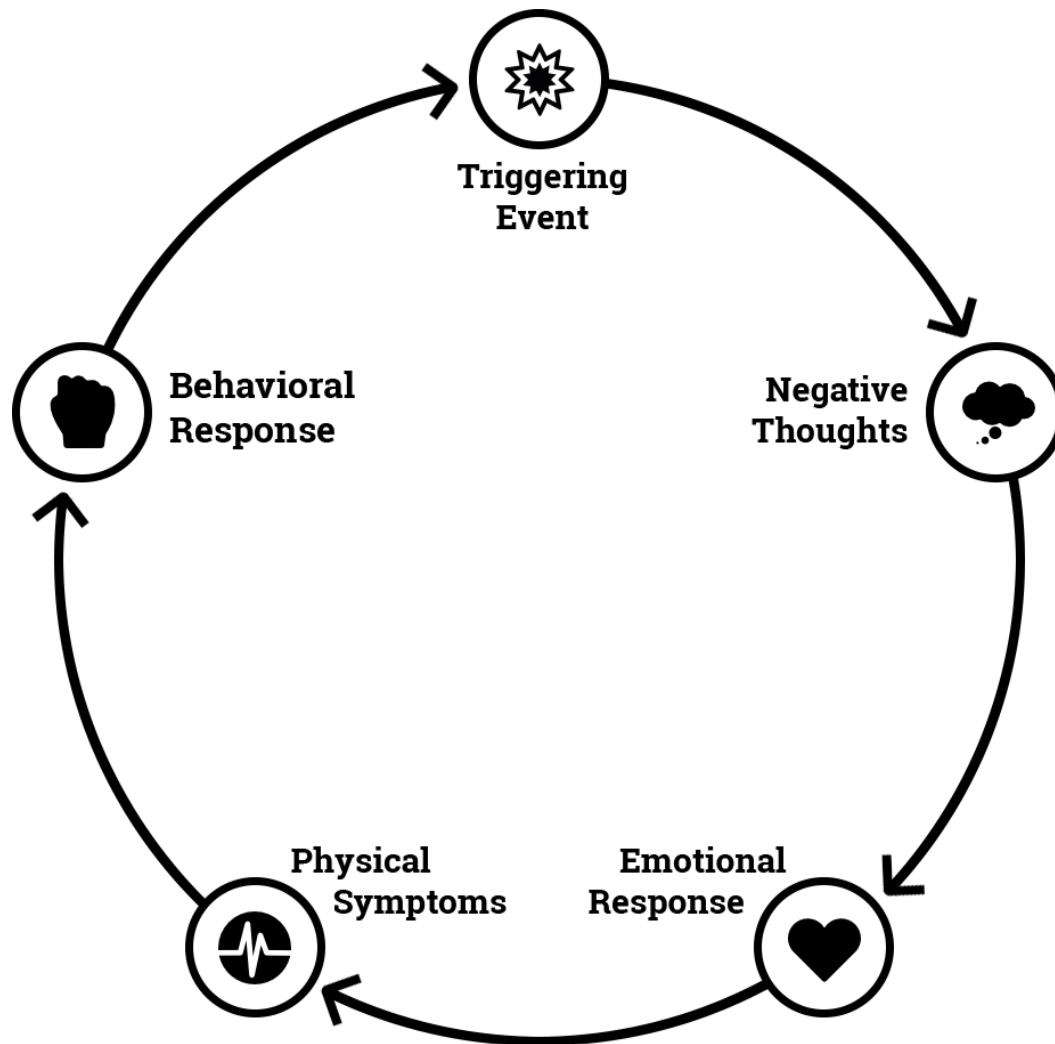


The Cycle of Anger



Triggering Event

An event or situation “triggers” a person’s anger. Examples:

- Getting cut off while driving.
- Having a bad day at work.
- Feeling disrespected.

Negative Thoughts

Irrational and negative thoughts occur as a result of the triggering event. Examples:

- “I’m the worst parent ever.”
- “The jerk who cut me off doesn’t care about anyone but themselves.”

Emotional Response

Negative thoughts lead to negative emotions, even if the thoughts are irrational. Examples:

- Feelings of shame and guilt due to being the “worst parent ever”.
- Rage directed toward a bad driver.

Physical Symptoms

The body automatically responds to anger with several symptoms. Examples:

- Racing Heart
- Sweating
- Clenched Fists
- Shaking

Behavioral Response

The person reacts based upon thoughts, feelings, and physical symptoms. Examples:

- Fighting
- Arguing
- Yelling
- Criticizing

Anger Thermometer

Record your anger symptoms on this 10-point scale, where a "10" represents your maximum anger level (the angriest you have ever been, or can imagine being), and a "1" represents no anger at all. Give *specific* examples of symptoms you have at each point on the scale, as your anger escalates. Symptoms can include thoughts, feelings, and behaviors.

