

Anger and Emotional Triggers

Anger is information about something wrong, unfair, threatening, or out of control.

1. DESCRIBE THE SITUATION: What happened?
(e.g., A friend cancelled late.)

2. ONE LAYER DEEPER: What did I think the situation meant? (e.g., 'They don't respect my time.')

3. WHAT MIGHT MY ANGER BE CONNECTED TO?
(Check all that apply)

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|--|---|--|
| ☐ A Boundary Crossed | ☐ A Value Ignored | ☐ Feeling Dismissed  |
| ☐ Feeling Dismissed | ☐ Feeling Powerless  | ☐ Feeling Hurt |
| ☐ Feeling Embarrassed  | ☐ Feeling Treated Unfairly | |

4. THE PHYSICAL SIDE: Did you feel...
(e.g., Jaw tightened, Heart racing, Hot, Restless, Shaky?)

5. REFLECTION & RESPONSE

What is my strongest urge?

What response protects what matters without creating a bigger problem?

