

Name:

Date:

IDENTIFYING TRIGGERS

Which of the following makes you feel angry?

- ☐ I need a break
- ☐ Someone says you did something wrong.
- ☐ You want something you cannot have.
- ☐ Someone shouts at you.
- ☐ You are told you can't do something right.
- ☐ Someone doesn't agree with you.
- ☐ You are unable to finish your task.
- ☐ You are feeling left out.
- ☐ There's too many people.
- ☐ There's too much noise.
- ☐ Someone is disturbing you.
- ☐ There's too much homework.
- ☐ Someone criticizes you.
- ☐ Someone hurts you.
- ☐ Difficulty expressing what you want
- ☐ It's too hot or too cold

