

MY ANGER TRIGGERS



...FEEL TIRED



...FEEL LEFT OUT



...FEEL HUNGRY



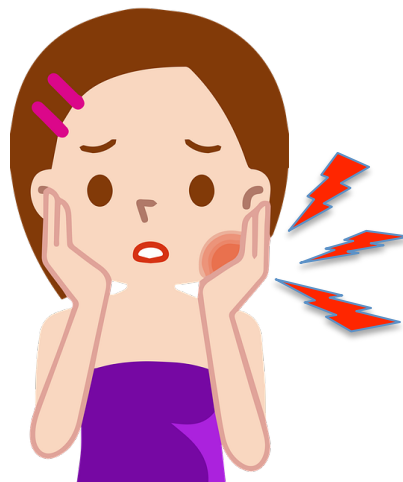
...NEED TO WAIT



...DON'T GET WHAT I WANT



...FEEL ANXIOUS



...FEEL PAIN



...SEE AN INJUSTICE

ANGER TRIGGERS LIST

Frustration:

- Loosing in a game
- Not getting good marks in an exam
- Failing to perform /accomplish during an activity
- Rains, can't play outside
- Waiting
- Being told no

Injustice:

- Somebody does something wrong to me/somebody
- Somebody cheating in a game
- Somebody makes fun of me
- Being left out
- Feeling ignored

Aversive situation

- Feeling hungry
- Pain / Getting hurt
- Loud noises / Getting startled
- Fear /Being scared
- Feeling overheated
- Feeling cold
- Feeling tired
- Anxiety

Not accessing a reward/activity we wanted:

- Mum does not let me...(watch tv, go to the swimming pool outing, jump on the trampoline, eat chocolate)
- Stopping an activity they enjoy
- Being sent to bed
- Going to school