

Anger Triggers



An anger trigger is something that happens to make you feel irritated, frustrated, or mad. Go through this list and, on a scale of 1-10, identify how angry each of the triggers makes you feel.

0	1	2	3	4	5	6	7	8	9	10
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CALM

FRUSTRATED

ANGRY

FURIOUS

- _____ When an adult yells at me or scolds me
- _____ I get grounded or lose my privileges
- _____ I get a bad grade on a test or assignment
- _____ I get in trouble for something I didn't do
- _____ My parents make a big deal out of nothing
- _____ Someone breaks their promise to me
- _____ My friends talk about me behind my back
- _____ Other people talk about me behind my back
- _____ People touch my things without permission
- _____ People go into my room without permission
- _____ I lose at a sport or competition
- _____ My parents argue with each other
- _____ I feel disrespected by an adult
- _____ Other people make decisions for me
- _____ I'm left out by my family or friend group
- _____ My electronics stop working
- _____ People invade my personal space
- _____ People talk to me like I'm a kid
- _____ I get criticized for something I did
- _____ I'm bullied or picked on
- _____ People steal from me

- _____ When I don't feel listened to or understood
- _____ When I'm not good enough at something
- _____ I'm not invited to an event
- _____ I get physically injured
- _____ I lose while playing a video game
- _____ Certain rules that my parents have for me
- _____ I get betrayed by someone close to me
- _____ People tell me what to do
- _____ I'm lied to
- _____ My family members' behaviors or habits
- _____ I'm treated unfairly
- _____ I'm forced to do something I don't want to
- _____ Other people have what I want
- _____ I have too much work to do
- _____ Someone talks about my family member
- _____ People are rude, inconsiderate, or disrespectful
- _____ Someone puts their hands on me
- _____ Things don't go as I planned
- _____ I get embarrassed publicly
- _____ I'm not a priority to friends or family members
- _____ Someone takes advantage of me

What are some other things that make you feel angry?



Anger Management Quiz With Answers

Nixaly Leonardo LCSW

A red circular graphic with a gradient, appearing as a partial circle or a thick curved line, located to the right of the author's name.

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