

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

ARISE Foundation Staff



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Life Skills Curriculum: ARISE Rules of the Road (Instructor's Manual) Susan Benson, 2011-07 ARISE Work In Progress Anger Management teaches teens how to control and manage their anger Topics explored include anger triggers different types of anger communication and listening mediation bullying peer pressure and avoiding fights **Stress Management For Dummies** Allen Elkin, 2011-03-16 This book gives you many action oriented ways of coping with your anxiety about anxiety Albert Ellis PhD President Albert Ellis Institute Is your job tying your stomach in knots Do you toss and turn in bed at night Are your ulcers having ulcers Face it you ve got too much stress in your life and it s time to give yourself a break The consequences of not dealing with stress range from poor health and broken marriages to premature death not a very cheerful outlook Thankfully all kinds of stress reduction approaches are available today from breathing and posture to imagery and meditation These new ideas have taken the world by storm and taken the pressure cooker off the fire for millions of chilled out people around the world Whether it s love work family or something else that s got your anxiety in the red zone here s an easy way to improve your outlook Stress Management For Dummies will help you identify the stress triggers in your life and cut them down to size quickly with tips on how to Determine your stress level Relieve tension at work and at home Deal with difficult people Combat stress with diet and exercise Soothe your anger and worry Certified stress manager Allen Elkin PhD takes the guesswork and the added stress out of finding the stress relief system that s right for you After determining your stress level with a few simple tests you ll get step by step guidance on finding and eliminating sources of stress in both your mind and body Inside are hassle free techniques helpful advice self evaluation quizzes and fascinating information on Letting go of tension through breathing stretching massage and more Clearing the clutter in your life and in your mind Managing your time setting priorities delegating and conquering procrastination Eating exercising and sleeping right Stress resistant thinking Reducing interpersonal stress Personal relaxation techniques The top ten stresses in life The ten most stressful jobs With a wide but manageable array of stress management techniques strategies and tactics this is your own personal toolbox for stress relief So relax take a deep breath and start reading **Anger and Conflict Management** Gerry Dunne, 2003 A trainer facilitator s guide to be used in conjunction with the author s Anger and conflict management personal handbook

Starving the Anger Gremlin Kate Collins-Donnelly, 2012-01-15 The anger gremlin feeds off anger and gets bigger the angrier you get The only way to stop him is to starve him of angry feelings and this workbook teaches you how Fun and simple activities help young people to understand and control their anger Based on cognitive behavioural therapy principles it is an ideal anger management resource *Healthy Mindsets for Super Kids* Stephanie Azri, 2013-01-15 This 10 session program is designed to boost resilience in children aged 7 14 With help from a comic strip story and superhero characters each session tackles a key issue from forming healthy relationships and overcoming anxiety to dealing with grief and thinking positively Worksheets creative activities and tips for parents are included *Clinician's Guide to Treating Stress After War*

Julia M. Whealin, Lorie T. DeCarvalho, Edward M. Vega, PhD, 2008-06-02 Clinician's Guide to Treating Stress After War Education and Coping Interventions for Veterans outlines clear strategies that mental health professionals can use to help war returnees become better able to negotiate common problems that diminish the quality of their day to day life A powerful and practical resource this guide assists professionals to increase each individual's sense of control over his or her life

Life Skills Curriculum: ARISE Life Skills for Middle School, Volume 1 (Instructor's Manual) ARISE Foundation Staff, 2011-07-02

The Easy Quiz Master Peter Allen, 2008-04 This is a book designed for Quiz Masters and aspiring quiz presenters alike It provides you with a WHOLE YEAR'S worth of questions arranged in sets of five rounds Ten questions per round so that you have a ready made quiz for you to present The book is arranged by month so that you will generally have some topical rounds to entertain your fans THIS BOOK TAKES ALL THE PRESSURE OFF WHEN YOU HAVE A QUIZ TO COMPILE WE'VE DONE THE HARD WORK SO YOU DON'T HAVE TO

Starving the Anger Gremlin for Children Aged 5-9 Kate Collins-Donnelly, 2014-08-21 The Anger Gremlin is a naughty creature who loves to feed on angry feelings and the angrier you get the bigger he gets Packed with fun simple activities and games it will help children aged 5-9 understand why they get angry and how they can control their angry feelings to make the Anger Gremlin go away Suitable for parents and practitioners

Teacher Friendly Bible Lessons on Short Notice P. Mann, 2019-01-25 This book contains fifty two Bible lessons suitable for students from grade 6 to adult and is useful in several different settings a year's supply of Bible study lessons in any classroom setting The book includes lessons for Easter Thanksgiving and Christmas These lessons are useful when a substitute teacher is needed on short notice The substitute teacher may select a topic and teach an effective lesson with little or no preparation time Use as curriculum for an in home Bible study group for youth gatherings for nursing home studies either group or one on one for jails or prisons for special events for Easter Thanksgiving or Christmas holidays Or perhaps an individual at home personal Bible study or any other group gathered to study the Bible These Bible lessons are intended to be easy to use for anyone who can read English Teach a lesson with little or no preparation time Those who are inexperienced in teaching Bible lessons will find these lessons easy to use Each lesson includes the following The main lesson text including printed Scripture passages A summary review of the main points of the lesson Life application questions applying the lesson to life A suggested closing prayer optional A Bible quiz to be used as a time filler if needed An index and description of each lesson is located at the front of this book

The CBT Workbook for Anger Management Nixaly Leonardo LCSW, 2022-02-15 Take control of your anger with cognitive behavioral therapy exercises Everyone gets angry sometimes but when angry outbursts start to affect your well being and your relationships it can be tough to rein those feelings in on your own The CBT Workbook for Anger Management can help you stay clearheaded in upsetting situations with easy cognitive behavioral therapy techniques you can use any time anger strikes What sets this book apart The power of CBT Learn why CBT is the ideal therapy for anger management and how it can help you reframe your thoughts feelings and

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evidence based intervention and prevention model for child physical abuse aimed at empowering families to develop optimistic outlooks on parenting and strengthen parent child relationships **Managing Stress in the Workplace**
Institute of Leadership & Management,2010-05-14 Super series are a set of workbooks to accompany the flexible learning programme specifically designed and developed by the Institute of Leadership Management ILM to support their Level 3 Certificate in First Line Management The learning content is also closely aligned to the Level 3 S NVQ in Management The series consists of 35 workbooks Each book will map on to a course unit 35 books units **Life Skills Curriculum: ARISE When There's Trouble, Who Do You Call?** ARISE Foundation Staff,2011-07-06 **Managing People in Disasters** ,2000
Real World Psychology Catherine A. Sanderson,Karen R. Huffman,2019-12-24 Real World Psychology balances comprehensive coverage of the key concepts in introductory psychology with a concise presentation style and engages students with current and interesting research that explores these concepts in real life contexts Real World Psychology features the incomparable author team of Karen Huffman Palomar College and Catherine Sanderson Amherst College who create an outstanding text that is appealing to students and instructors at a wide range of academic institutions The new edition has been thoroughly updated and features a new focus on Scientific Thinking and Practical Applications underscoring the fact that connecting the principles of psychological science to everyday life is critical to student engagement and ultimately key to their success not only in the introductory psychology course but in whatever their chosen field of study and in everyday life Students will leave the course with an appreciation of how a basic yet scientific understanding of human behavior can benefit them in their studies in their personal lives and in their professional endeavors

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