

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
CALM			FRUSTRATED			ANGRY			FURIOUS	

- | | |
|--|--|
| _____ When an adult yells at me or scolds me | _____ When I don't feel listened to or understood |
| _____ I get grounded or lose my privileges | _____ When I'm not good enough at something |
| _____ I get a bad grade on a test or assignment | _____ I'm not invited to an event |
| _____ I get in trouble for something I didn't do | _____ I get physically injured |
| _____ My parents make a big deal out of nothing | _____ I lose while playing a video game |
| _____ Someone breaks their promise to me | _____ Certain rules that my parents have for me |
| _____ My friends talk about me behind my back | _____ I get betrayed by someone close to me |
| _____ Other people talk about me behind my back | _____ People tell me what to do |
| _____ People touch my things without permission | _____ I'm lied to |
| _____ People go into my room without permission | _____ My family members' behaviors or habits |
| _____ I lose at a sport or competition | _____ I'm treated unfairly |
| _____ My parents argue with each other | _____ I'm forced to do something I don't want to |
| _____ I feel disrespected by an adult | _____ Other people have what I want |
| _____ Other people make decisions for me | _____ I have too much work to do |
| _____ I'm left out by my family or friend group | _____ Someone talks about my family member |
| _____ My electronics stop working | _____ People are rude, inconsiderate, or disrespectful |
| _____ People invade my personal space | _____ Someone puts their hands on me |
| _____ People talk to me like I'm a kid | _____ Things don't go as I planned |
| _____ I get criticized for something I did | _____ I get embarrassed publicly |
| _____ I'm bullied or picked on | _____ I'm not a priority to friends or family members |
| _____ People steal from me | _____ Someone takes advantage of me |

What are some other things that make you feel angry?



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