

Identifying Your Anger Triggers

Understanding what triggers your anger is a crucial step toward managing it effectively. A trigger is any situation, event, or thought that initiates feelings of anger. These triggers can be external, such as specific places or social situations, or internal, such as particular thoughts or memories.

Identifying your anger triggers involves paying close attention to the situations that make you feel angry, as well as the physical symptoms, thoughts, and emotions that accompany these situations. **By becoming aware of your triggers, you can anticipate and prepare for them, reducing their impact on your life and relationships.** This worksheet will guide you through the process of identifying and analyzing your anger triggers and help you develop strategies to cope with them.

PART 1: Identify Triggers

List a situation where you commonly feel angry and describe the associated physical symptoms, thoughts, and emotions.

Situation Description

Being Interrupted

Location

The kitchen at home

People Involved

Your spouse and children

Before

1 What were you feeling physically?

Heart racing, clenched jaw, clenched fists, flushed face, shaking

2 What were you thinking about?

- "No one in this house respects me"
- "They never listen to me"
- "I'm not going to let them get away with this"

3 How did you feel emotionally?

Angry, frustrated, irritated

After

1 What were you feeling physically?

Heart rate slowly returning to normal, drained, fatigued

2 What thoughts did you have?

- "I'm a bad person"
- "I shouldn't have yelled"
- "I can't deal with this anymore"

3 How did you feel emotionally?

Embarrassed about yelling at my family, frustrated about the situation



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Situation Description	Location	People Involved
Before		After
1 What were you feeling physically?	1 What were you feeling physically?	
2 What were you thinking about?	2 What thoughts did you have?	
3 How did you feel emotionally?	3 How did you feel emotionally?	

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PART 2: Identify Patterns & Exploring the Impact

Look for patterns in the situations or thoughts that trigger your anger. Recognizing these patterns will help you anticipate when anger might arise and prepare yourself to manage it more effectively.

Are there common themes, people or situations that often trigger anger?

Are there any early warning signs or cues that help you recognize when you're being triggered?

What does your inner dialogue sound like when you feel triggered?

How do your anger triggers affect your behavior or decision-making?



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What changes or adjustments could you make in your daily routine to reduce common anger triggers?

How can you reframe or challenge negative thoughts associated with your anger triggers?

PART 3: Develop Coping Strategies

Learn coping strategies that can help you manage anger in challenging situations.
To learn more about coping skills you can use, scan the QR code below.

- Take some deep breaths. Try to inhale through your nose for a count of 4, hold your breath for a count of 7, and then exhale slowly through your mouth for a count of 8. Repeat 5 times.
- Ground yourself with the 5-4-3-2-1 method. Identify 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.
- Ask yourself if your anger is based on facts or assumptions. Look for evidence that supports or contradicts these thoughts, and consider more balanced, realistic perspectives.
- Remind yourself that it's ok to be angry! It's not ok to lash out and say things that hurt others.

- Keep a journal to document your angry thoughts. Writing them down can help you analyze and understand their patterns and triggers, making it easier to manage them over time.
- Gradually tense and then relax different muscle groups in your body, from head to toe, to release physical tension and promote relaxation.
- Use positive affirmations to counter angry thoughts and affirm your ability to handle challenges.
- Create a list of positive qualities of the people who anger you the most. Review this list whenever anger arises to remind yourself that everyone has strengths and challenges- no one is all bad.



Scan or [click here](#) to learn more about controlling your anger.

Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

You Can Trust ChoosingTherapy.com



325+
Companies Reviewed



3,625+
Hours of Firsthand Experience



1,545+
Data Points Analyzed



[Best Online Therapy](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

[Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



[Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

[Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.

