

What Leads You to Anger Worksheet

Name: _____

| Triggers | Situations or Events | Emotions |
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What specific triggers or situations tend to lead you to anger? (e.g., traffic jams, criticism, waiting in lines)

Can you identify any common patterns or themes among the situations or events you've listed in the table above?

How do you typically feel emotionally when you experience these triggers? (e.g., frustrated, irritated, anxious)