

Anger Triggers Worksheet

List down the situations that provoke your anger in different domains of life.

| Triggers in my relationships | Triggers in my family | Triggers in my workplace | Triggers in my social life |
|------------------------------|-----------------------|--------------------------|----------------------------|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |