**Name**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Date:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Homeroom**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***What Are Your Anger Triggers?***

**Directions:** Use the table below to reflect on situations that consistently anger you. These are often referred to as “anger triggers” or “trigger situations.” How do you usually react to these situations? Then brainstorm two positive ways that you can handle the situation in the future.

|  |
| --- |
| **Trigger #1:** |
| **Describe the situation:** |
| **How do you usually react?** |
| **What are two positive ways you can handle this situation in the future?** |
| **Trigger #2:**  |
| **Describe the situation:**  |
| **How do you usually react?** |
| **What are two positive ways you can handle this situation in the future?** |