What Sets You Off?

Think of times that you have been angry. Really, really angry. Fill in the blanks for each anger incident you remember well.

WHERE did it happen? ____________________   WHEN did it happen? ____________________

WHO made you angry? _______________________________________________________________________

WHAT did that person do to set you off? _______________________________________________________

_______________________________________________________________________________________

HOW did you display your anger? ___________________________________________________________

_______________________________________________________________________________________

WHERE did it happen? ____________________   WHEN did it happen? ____________________

WHO made you angry? _______________________________________________________________________

WHAT did that person do to set you off? _______________________________________________________

_______________________________________________________________________________________

HOW did you display your anger? ___________________________________________________________

_______________________________________________________________________________________

WHERE did it happen? ____________________   WHEN did it happen? ____________________

WHO made you angry? _______________________________________________________________________

WHAT did that person do to set you off? _______________________________________________________

_______________________________________________________________________________________

HOW did you display your anger? ___________________________________________________________

_______________________________________________________________________________________

Do you see a pattern? How can you change the pattern? ________________________________________

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_______________________________________________________________________________________