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? __________________________

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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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