

Triggering Event

A situation or event sets off your anger cycle:

- getting cut off while driving
- receiving critical feedback at work
- finding a mess your partner left in the kitchen

🚩 **Break the cycle:** Make a plan to manage or avoid your frequent triggers.

Negative Thoughts

You interpret the triggering event in a negative or irrational way:

- “That \$@#! only cares about himself.”
- “They think I can’t do my job? I’ll show them!”
- “Can’t they clean up after themselves?!”

🚩 **Break the cycle:** Learn to spot your irrational thoughts so you can change them.

Cycle of Anger

Behavioral Response

You respond to the situation. Aggressive responses often create new triggers, driving the cycle (e.g., raising your voice leads to an argument).

- arguing
- criticizing
- yelling
- fighting
- ruminating
- shutting down

🚩 **Break the cycle:** Use a coping skill such as deep breathing or walking away.

Body's Automatic Response

Your body reacts with:

Emotions	Symptoms
• angry	• sweating
• irritated	• racing heart
• offended	• clenching fists
• hurt	• feeling hot

🚩 **Break the cycle:** Treat these responses like an alarm, warning you to reflect before reacting.