

MANAGING YOUR ANGER – TRIGGER TRACKER

Are you feeling angry and worried about your feelings? Do you need help trying to manage these?

Below is the Trigger Tracker. This activity will allow you to outline what it is that is making you angry, hopefully help with dealing with these feelings. It can also be useful to identify your level of anger before reaching breaking point.

This activity may be able to help with this. It should look something like this:

