Identify Triggers

Read this list of triggers and check off the ones that make you angry. At the right, write in some of your own triggers.

___ Someone says you did something wrong.

___ Someone tells you privately that you did something wrong.

___ Your boss belittles you .

___ You wife says that you haven't been doing enough at home.

___ You get stuck in traffic.

___ You are overwhelmed but your boss gives you more work.

___ You want something you can't have now .

___ You hear that someone has been spreading rumors about you.

___ Your friend tells you that you are wuss for not doing something.

___ You are accused of doing something you didn't do.

___ You get caught doing something you shouldn't have been doing.

___ Someone tries to tell you how to run your life.

___ An employee doesn't respect your authority.

___ You are told that you can't do something.

___ You are pushed aside when you are asking for help.

___ Someone doesn't agree with you.

___ Someone doesn't do what you tell him to do.

___ Your boss takes over a situation (overrules you).

___ Someone threatens you.

___ Your child spills a glass of milk on the carpet.

___ Your child doesn't listen to you.

___ Someone unexpected happens that messes up your schedule.

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