

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.