

humantold

Identifying Your Cues for Anger

What situations, events, people or objects tend to cue your anger? Think about the times you experienced anger recently and what was going on at that time. The better you become at pinpointing the situations and experiences that bring up anger for you, the more manageable your anger will be.

The following list contains common cues for anger. Mark all that applies to you.

- Waiting in line
- Not getting what you want
- Having someone disagree with you
- Being cut off while driving
- Being told no
- Driving in traffic
- Being insulted
- Being attacked
- Chronic pain
- Being prevented from doing something you want to do
- Not having your opinions or wishes taken into account
- Calling customer service
- Being overcharged
- Observing people mistreating animals, children or adults
- _____
- _____

Book: The Dialectical Behavior Therapy Skills for Anger by: Alexander L. Chapman, PHD, RPsych & Kim L. Gratz, PHD Foreword by Marsha M. Linehan, PHD, ABPP

Worksheet by: Janay Bailey