The Cycle of Anger

**Triggering Event**
An event or situation “triggers” a person’s anger. Examples:
- Getting cut off while driving.
- Having a bad day at work.
- Feeling disrespected.

**Negative Thoughts**
Irrational and negative thoughts occur as a result of the triggering event. Examples:
- “I’m the worst parent ever.”
- “The jerk who cut me off doesn’t care about anyone but themselves.”

**Emotional Response**
Negative thoughts lead to negative emotions, even if the thoughts are irrational. Examples:
- Feelings of shame and guilt due to being the “worst parent ever”.
- Rage directed toward a bad driver.

**Physical Symptoms**
The body automatically responds to anger with several symptoms. Examples:
- Racing Heart
- Clenched Fists
- Sweating
- Shaking

**Behavioral Response**
The person reacts based upon thoughts, feelings, and physical symptoms. Examples:
- Fighting
- Yelling
- Arguing
- Criticizing