



BOYS & GIRLS CLUBS
OF NASSAU COUNTY

YOUTH ACTIVITY

MY ANGER TRIGGERS

0	1	2	3	4	5	6	7	8	9	10
CALM			FRUSTRATED			ANGRY			FURIOUS	

Read each of the items and rank from 1-10 how angry each trigger makes you!

HOME

_____ My siblings touch my things	_____ My parents yell at me
_____ I get in trouble for something I didn't do	_____ I get grounded
_____ I get treated unfairly	_____ I lose at a game or activity
_____ I get ignored	_____ My parents argue
_____ Someone calls me a name	_____ Someone breaks a promise
_____ I get told "no"	_____ I have to stop playing

SCHOOL

_____ I get a bad grade on a test or project	_____ The teacher doesn't call on me
_____ Someone steals my things	_____ Someone touches my stuff
_____ I get in trouble for something I didn't do	_____ I have too much work to do
_____ I lose during a game or activity	_____ Someone tells me what to do
_____ Someone calls me a name I don't like	_____ I don't understand the assignment
_____ The work is too hard for me	_____ Someone lies to me
_____ People talk about me behind my back	_____ I get treated unfairly

ON A TEAM OR IN THE NEIGHBORHOOD

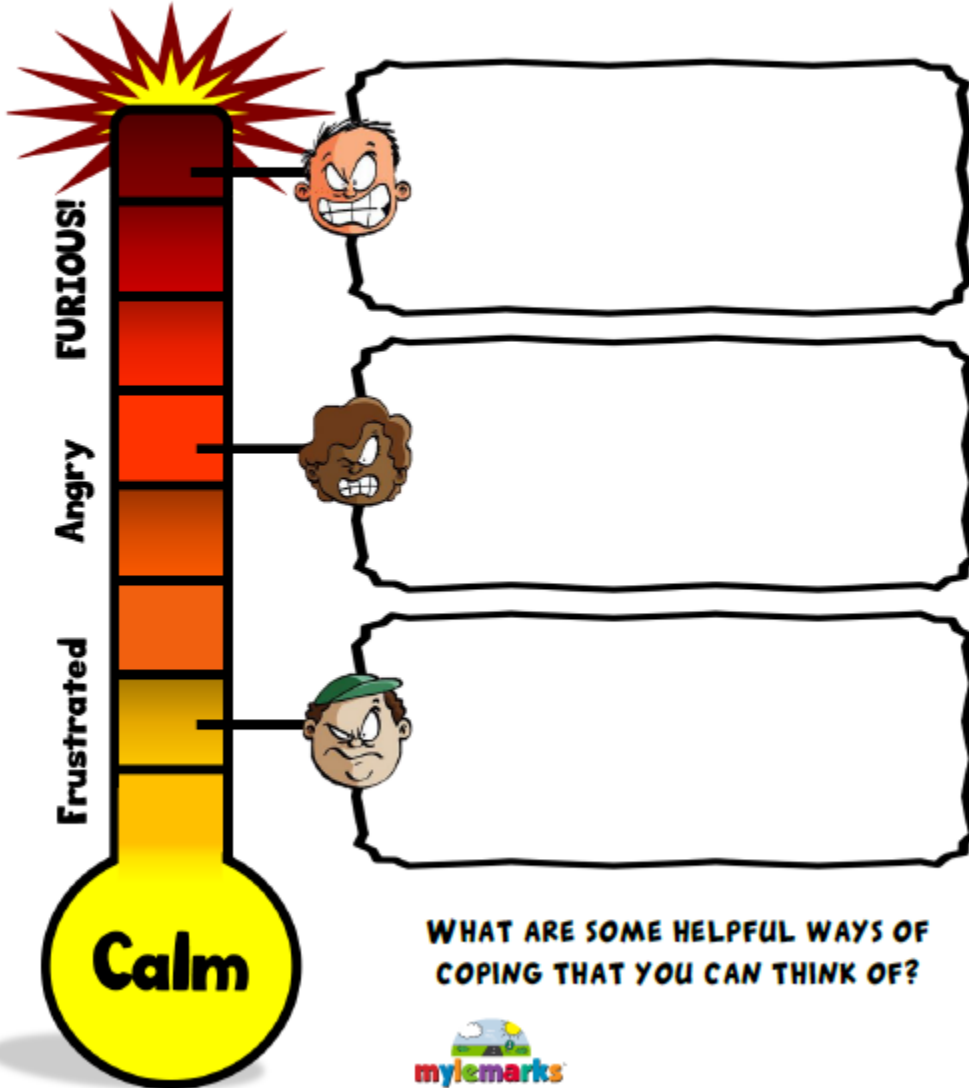
_____ I get criticized for my performance	_____ Someone talks trash about me
_____ My friends don't include me	_____ I lose a game or activity
_____ I don't play well in a game	_____ I'm talked about behind my back
_____ Someone talks trash about my family	_____ No one tells me "good job"

What are some other anger triggers that you can think of?

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ANGER THERMOMETER

WHAT ARE SOME THINGS OR SITUATIONS THAT MAKE YOU FEEL FRUSTRATED, ANGRY, OR FURIOUS?



WHAT ARE SOME HELPFUL WAYS OF COPING THAT YOU CAN THINK OF?



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