



MY ANGER TRIGGERS

Tick the things that often make you feel angry.

Not Getting What I Want

- Being told no
- Not getting something I want
- Having to stop something fun
- Losing a game
- Someone else getting what I wanted

Frustration

- Work that feels too hard
- Not understanding what to do
- Making mistakes
- Things not working
- Something taking a long time
- Having to try again and again

Problems With Other Children

- Someone teasing me
- Someone taking my things
- Someone cheating in a game
- Arguments with friends
- Being left out
- Someone not listening to me

Being Told Off or Blamed

- Being told I did something wrong
- Being told off by an adult
- Being corrected in front of others
- Being blamed for something I did not do
- Being shouted at

Too Many Demands

- Being rushed
- Being told to hurry up
- Being asked to do too many things
- Being interrupted when I am talking
- Having to change what I am doing
- Being asked to do something when I feel tired

When My Body Feels Bad

- Being very tired
- Being hungry
- Being in a very noisy place
- Being in a crowded place
- Feeling overwhelmed
- Feeling stressed

Other Triggers



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