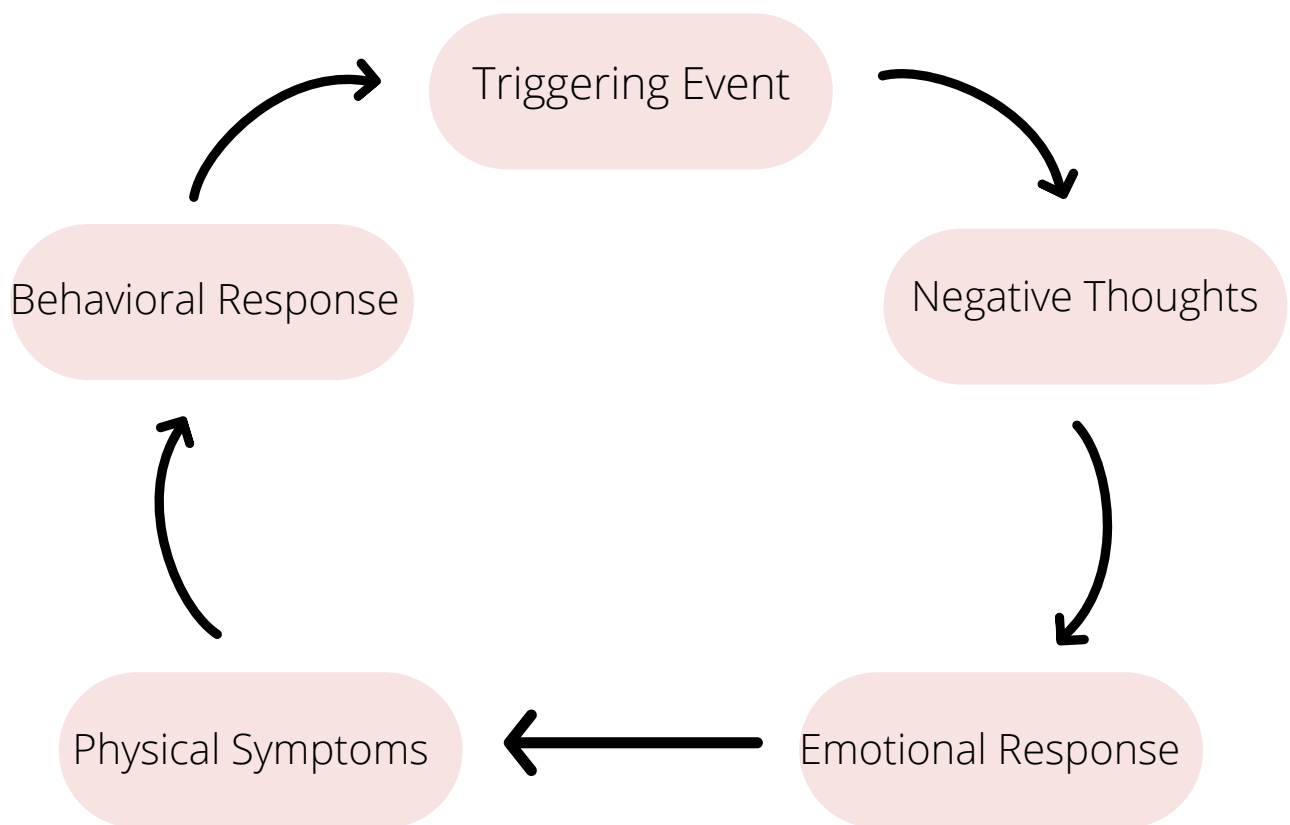


# UNDERSTANDING THE CYCLE OF ANGER



Anger happens in a cycle which involves a triggering event, negative thoughts, emotional response, physical symptoms and behavioral response.

# UNDERSTANDING THE CYCLE OF ANGER

## CONTINUED

<b>Triggering Event</b>	<p>An event or situation "triggers" a person's anger.</p> <p style="text-align: center;"><b>Examples:</b> Getting cut off while driving. Having a bad day at work. Feeling disrespected.</p>
<b>Negative Thoughts</b>	<p>Irrational and negative thoughts occur as a result of the triggering event.</p> <p style="text-align: center;"><b>Examples:</b> "I'm the worst parent ever." "The jerk who cut me off doesn't care about anyone but themselves.</p>
<b>Emotional Response</b>	<p>Negative thoughts lead to negative emotions, even if the thought is irrational.</p> <p style="text-align: center;"><b>Examples:</b> Feelings of shame and guilt due to being "the worst parent ever." Rage directed toward the bad driver.</p>
<b>Physical Symptoms</b>	<p>The body automatically responds to anger with several symptoms.</p> <p style="text-align: center;"><b>Examples:</b> Racing heart, Sweating, Clenched Fists, Shaking</p>
<b>Behavioral Response</b>	<p>The person reacts based upon thoughts, feelings and physical symptoms.</p> <p style="text-align: center;"><b>Examples:</b> Fighting, Yelling, Arguing, Criticizing</p>