





## Trigger Words and Situations

I get mad when the following things happen... (*What makes you mad?*)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Three positive ways I can handle my anger are... (*How can I deal with my anger?*)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Complete the following equation using one of your triggers...

1. Name it (What got you angry?): \_\_\_\_\_  
\_\_\_\_\_
2. Tame it (How can I fix it using positive ideas/activities?): \_\_\_\_\_  
\_\_\_\_\_

**Student Signature:** \_\_\_\_\_

**Parent Signature:** \_\_\_\_\_