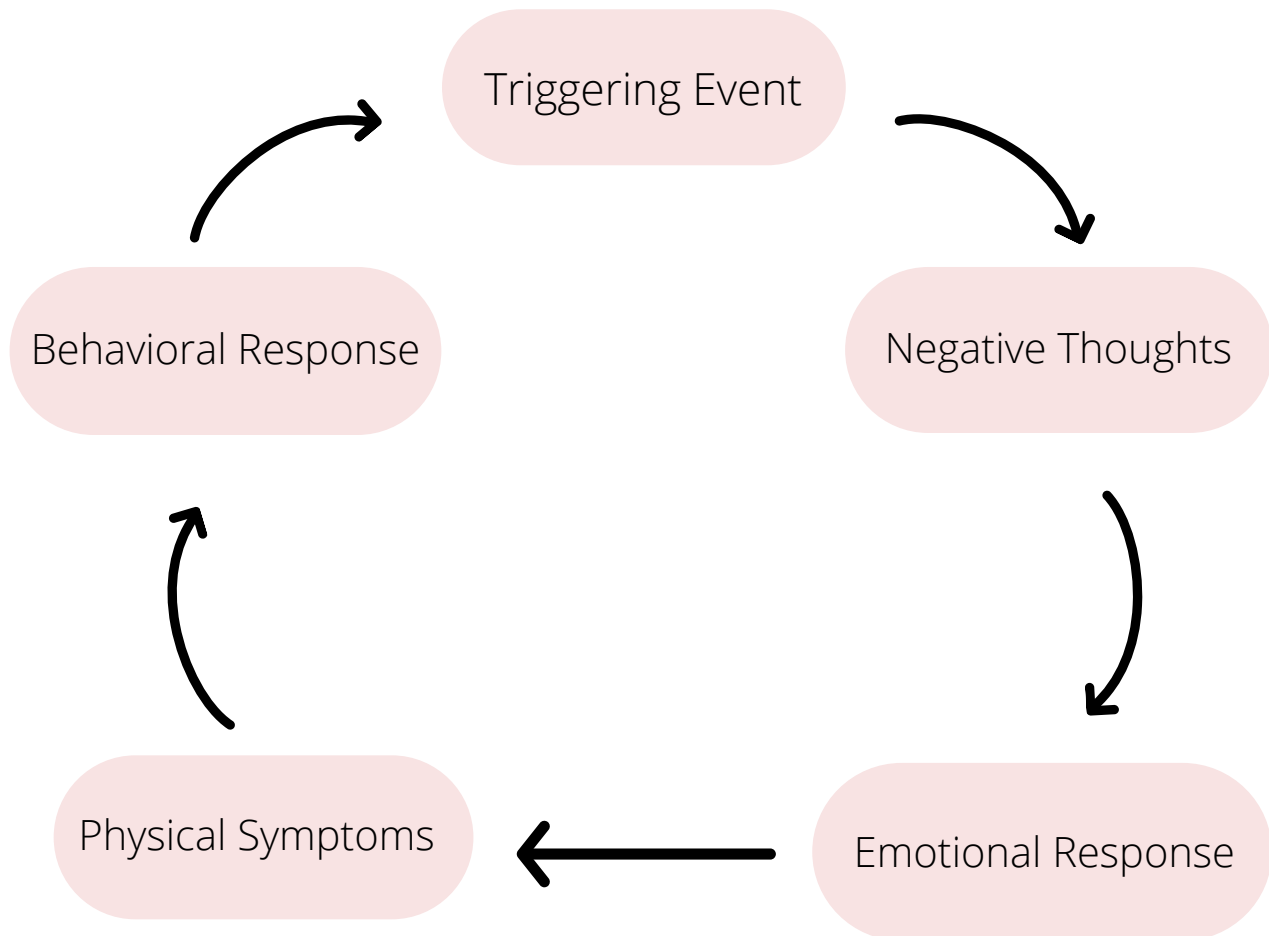


UNDERSTANDING THE CYCLE OF ANGER



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

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