

What Triggers Your Explosive Behavior?

People with anger control problems typically have specific things that trigger their angry behavior. Sometimes these triggers are obvious, like when a person is teased. Other times, is it not obvious what triggers a person's explosive behavior, because emotions have built up over time, and they suddenly erupt without a clear reason. This type of melt-down is common with people diagnosed with Asperger Syndrome, although it may be present in other people as well.

This worksheet is designed to help individuals keep a log of their strong emotions and the events that precede angry feelings and explosive outbursts.

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What Triggers Your Explosive Behavior

Controlling your anger is important for in getting along with others. This chart can help you think about what triggers your anger, and how you react.

Every time you get angry, write down what happened on the chart below.

- In the Trigger column, write what might have set off your anger.
- In the Rating column, rate your angry feelings from 1=just a little angry to 10=ready to explode.
- In the Thoughts column write down what you were thinking as you got angry.
- In the Actions column write down how you expressed your anger.

Date	Trigger	Rating	Thoughts	Actions