

Common Anger Triggers

Circle or highlight the ones you experience. You can also add your own!

Messy places

Having a plan
changed/cancelled

When things
are/feel unfair

Bright lights

Being told no

Finding something
difficult

Disagreeing with
someone

Being left out

Being criticised

Hungry

Strong smells

Having to stop
something I am
enjoying

Tired

Feeling
uncomfortable

Feeling

Loosing a game

Being touched

misunderstood

Making a mistake

Loud noises