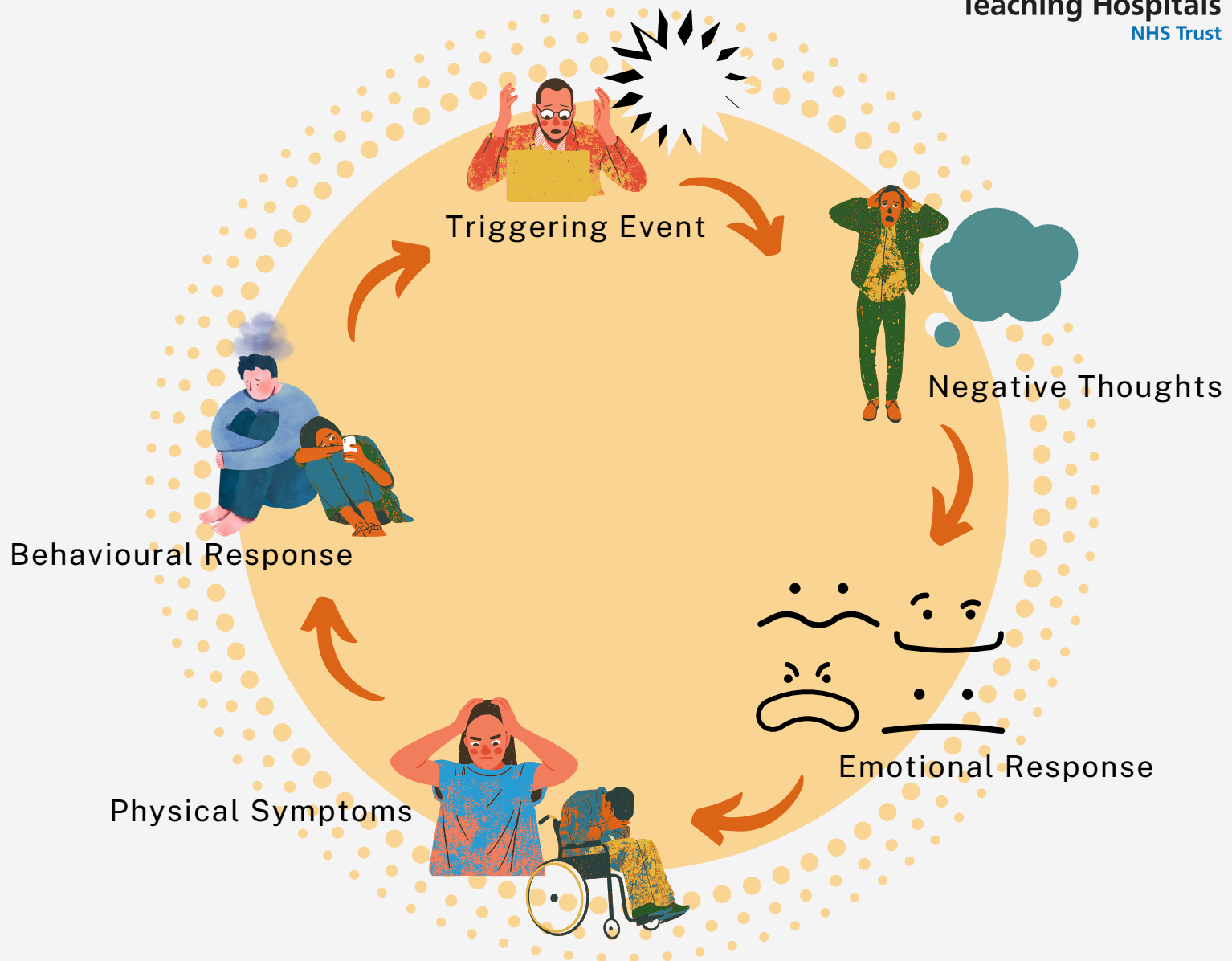


# THE CYCLE OF ANGER



## Triggering Event

An event or situation that *\*triggers\** a person's anger. For example: Janet finds out she will have to undergo Chemotherapy again

## Negative Thoughts

You may experience negative thoughts as a result of the triggering event. For example, Janet starts to think 'I am doomed', 'It didn't work before, so it won't work now'

## Emotional Response

These negative thoughts can lead to negative emotions. Janet can feel guilty, anxious, and ashamed about her situation. These emotions can underlie her anger.

## Physical Symptoms

Our bodies automatically respond to feelings of anger. You may experience symptoms such as: Racing heart, sweating,, clenched fist, shaking, clenched jaw, tense shoulders, churning stomach tight chest, weak legs and more.

## Behavioural Response

You may react to situations based on your thoughts, feelings, and physical symptoms. For example, Janet might yell, be abrasive, criticise and argue with those around her.

It may be helpful to take note of your personal 'triggers' and what thoughts, feelings arise. Knowing this can help you find a way to manage your feelings of anger,