

My Triggers and Warning Signs

Name _____

Find your top triggers and your earliest red flag

Date _____

Think of a recent time you got angry. Fill in Part 1 (what sets you off) and Part 2 (what your body and mind do as anger climbs). Use roles, not names.

Part 1 — My top 5 triggers

Ideas: being interrupted · traffic · being criticized · money worries · being ignored · feeling tired · loud noise · someone being late · a messy house · a memory of an old argument

#	TRIGGER (STRONGEST FIRST)	EXTERNAL OR INTERNAL?	WHEN?	WHERE?	WITH WHOM? (ROLE ONLY)
1		☐ Ext ☐ Int			
2		☐ Ext ☐ Int			
3		☐ Ext ☐ Int			
4		☐ Ext ☐ Int			
5		☐ Ext ☐ Int			

Do my triggers share a theme? (for example, "feeling disrespected" or "feeling rushed")

Part 2 — My warning signs

Check every sign you notice as your anger climbs. Add your own.

BODY	ACTIONS	FEELINGS	THOUGHTS
☐ Heart pounding	☐ Raising my voice	☐ Irritated, on edge	☐ "He's doing this on purpose."
☐ Face or neck hot	☐ Talking faster	☐ Hurt or rejected	☐ "She always does this."
☐ Jaw tight, teeth grinding	☐ Pacing	☐ Embarrassed	☐ "Nobody respects me."
☐ Fists tightening	☐ Pointing, staring	☐ Jealous or betrayed	☐ "Who do they think they are?"
☐ Shoulders up, neck stiff	☐ Slamming doors	☐ Anxious or scared	☐ "I won't let them get away with it."
☐ Fast, shallow breathing	☐ Swearing	☐ Powerless	☐ Picturing yelling at someone
☐ Stomach knotted	☐ Typing fast, hitting send	☐ _____	☐ _____
☐ Shaky, jittery	☐ Going silent		
☐ _____	☐ _____		

My red flag

Look at what you checked. Which one shows up **first**? That is your red flag — the moment to use a skill.

My first sign is _____ in my _____ (body area).

When I notice it, I will _____