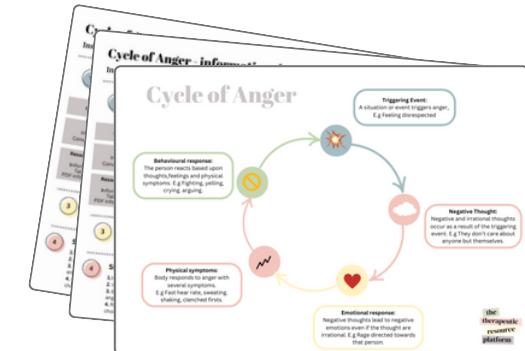


Cycle of Anger - Information Sheet

Instruction page



1 Activity Type

Age: 10-18+

Challenge Level
EASY

Theme:
Informative
Conversation tool

Resource Format:
Information page
Talking tool
PDF information sheet

Participation Style:
1-1 activity activity
individual activity in a
group setting

2 General Activity Info

This activity is designed to help participants identify and understand the stages of the anger cycle, including the thoughts, emotions, and physical reactions that lead to angry behaviour. By breaking down each stage, participants can learn to recognise their own triggers and develop healthier ways to respond to difficult situations.

The anger cycle includes five stages:

- Triggering Event** – The situation that causes anger (e.g. feeling disrespected).
- Negative Thought** – Irrational or negative thoughts that arise from the event.
- Emotional Response** – Feelings such as rage or frustration.
- Physical Symptoms** – Bodily reactions like increased heart rate or clenched fists.
- Behavioural Response** – Actions taken based on all the above (e.g. yelling, crying).

By understanding this cycle, individuals can begin to break it and respond more constructively to anger-inducing situations.

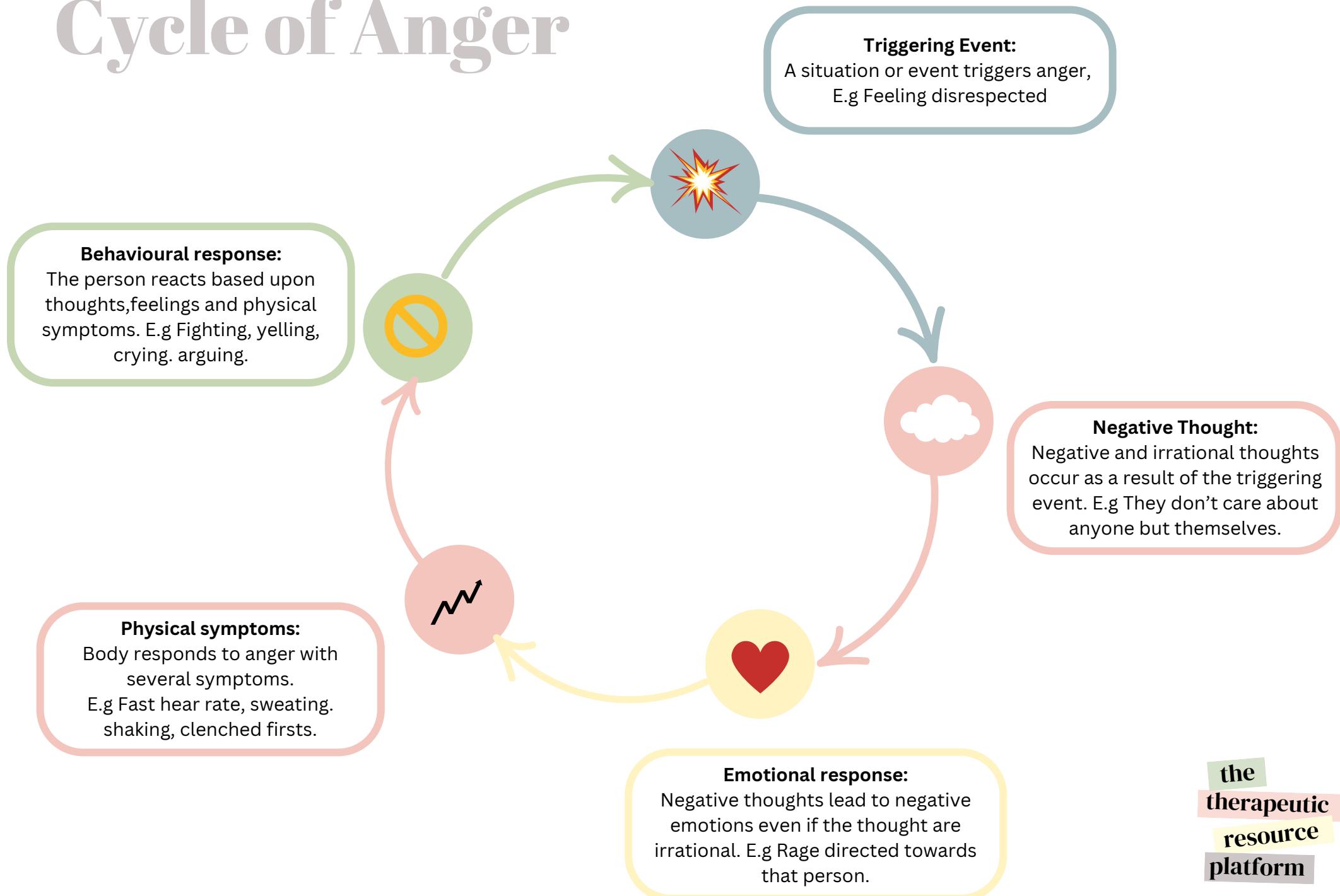
3 Materials Needed

- Print the Resource.

4 Step by Step Instructions

1. Introduce the Anger Cycle – Briefly explain each stage and give examples.
2. Identify Personal Triggers – Ask participants to write down a real or imagined example of a time they felt angry.
3. Break Down the Cycle – Using the template or visual aid, guide participants to describe what happened at each stage of their own anger experience.
4. Reflection and Discussion – Encourage sharing (if comfortable) and discuss how early awareness of the cycle could lead to better choices.

Cycle of Anger



Reflection

Guided reflection questions

1. What stage of the cycle is hardest for you to recognize in the moment?
2. What physical symptoms do you notice first when you start to get angry?
3. How did your response affect the outcome of the situation?
4. What would you do differently now?

Coping Strategies at Each Stage

Teach participants practical tools they can apply at different stages of the anger cycle. For example:

1. Stage Coping Strategy
2. Triggering Event - Pause & breathe, step away briefly
3. Negative Thought - Challenge the thought: "Is this really true?"
4. Emotional Response - Use calming techniques like grounding or visualization
5. Physical Symptoms - Deep breathing, body scan, stretching
6. Behavioural Response - Use assertive communication, journaling, or remove self from conflict