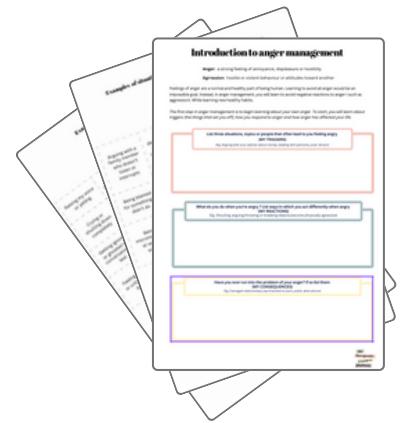


Introduction to anger management: Understanding Triggers, Reactions & Consequences



Instruction page

1 Activity Type

Participation Style:
1-1 activity
Independent activity

Theme:
Self-awareness,
therapeutic, reflective.

Age: 7-18+

Challenge Level
EASY

Resource Format:
Interactive Activity
Print, Cut & Place

2 General Activity Info

This is an interactive therapeutic activity designed to help individuals explore and understand their personal experiences with anger. Participants will identify common triggers, recognise their behaviors when angry, and reflect on the consequences of their actions. The goal is not to eliminate anger—anger is a normal human emotion. Instead, participants will learn how to become more aware of their anger and its impact, laying the groundwork for healthier coping strategies and anger management skills.

3 Materials Needed

- A printed and laminated copy of the resource.

4 Step by Step Instructions

1. Briefly explain the goal: to understand how anger shows up in your life.

2. Read or summarise the following:

"Feelings of anger are a normal and healthy part of being human. The goal is not to avoid anger, but to understand and respond to it in healthier ways. That starts by learning what triggers your anger, how you react, and what happens afterward."

3. Review the definitions of anger and aggression. Clarify the difference between emotion and behaviour.

Two Ways to Use This Resource:

3a. Option 1: Written Activity

- Participants receive a worksheet with three labelled boxes: My Triggers, My Reactions & My Consequences
- In each box, list 3 examples based on experiences.
- Reflect and discuss if appropriate.

3b. Option 2: Interactive Cut-and-Place Activity (No Writing Required)

- Laminated worksheet with three labelled sections: Triggers, Reactions, Consequences
- Pre-cut laminated cards with printed examples.
- Ask participants to place relevant examples that resonate with them into each box, then discuss.

4. Reinforce the idea that understanding is the first step to managing anger.

Introduction to anger management

Anger: a strong feeling of annoyance, displeasure or hostility

Aggression: hostile or violent behaviour or attitudes toward another

Feelings of anger are a normal and healthy part of being human. Learning to avoid all anger would be an impossible goal. Instead, in anger management, you will learn to avoid negative reactions to anger (such as aggression). While learning new healthy habits.

The first step in anger management is to begin learning about your own anger. To start, you will learn about triggers (the things that set you off), how you respond to anger and how anger has affected your life.

**List three situations, topics or people that often lead to you feeling angry
(MY TRIGGERS)**

(Eg. Arguing with your partner about money, dealing with authority, poor drivers)

**What do you do when you're angry ? List ways in which you act differently when angry
(MY REACTIONS)**

(Eg. Shouting, arguing, throwing or breaking objects, become physically aggressive)

**Have you ever run into the problem of your anger? If so list them
(MY CONSEQUENCES)**

(Eg. Damaged relationships, reprimanded at work, public altercations)

Examples of situations, Topics, or People That Can Trigger Anger

Arguing with a family member who doesn't listen or interrupts	Feeling disrespected by a manager or teacher Dealing with slow or rude customer service	Friends not showing up or cancelling plans last minute	Seeing injustice or unfair treatment of others	Being stuck in traffic or dealing with reckless drivers
Being blamed for something I didn't do	Not feeling heard during a group discussion	Someone cutting in line or being rude in public	Getting ignored or ghosted in a conversation or text	Arguments about parenting styles with a co-parent
Being micromanaged at work or school	People being late or not respecting my time Political or social media debates	Feeling judged or criticised by family	Repeated mistakes from someone I've already corrected	

Examples of How People May Act When Angry

Raising my voice or yelling	Becoming sarcastic or rude	Ignoring people or giving the silent treatment	Breaking things or slamming doors	Clenching fists or pacing around
Crying or shutting down completely	Sending angry texts or social media posts	Being blamed for something I didn't do	Not feeling heard during a group discussion	Someone cutting in line or being rude in public
Getting ignored or ghosted in a conversation or text	Arguments about parenting styles with a co-parent	Being micromanaged at work or school	People being late or not respecting my time	Political or social media debates
Feeling judged or criticised by family	Repeated mistakes from someone I've already corrected			

Examples of Problems That Have Happened Because of Anger

Got into a fight and lost a friend Was written up at work for being aggressive with a coworker	Embarrassed myself by yelling in public	Said hurtful things I didn't mean and now feel guilty	Lost trust in a relationship due to outbursts	Received disciplinary action at school
Experienced increased stress or health issues (e.g. headaches, poor sleep)	Lost an opportunity because of how I handled stress	Had a falling out with a close friend or family member	Children felt scared or anxious around me	Got into a physical altercation or had to deal with legal consequences
Felt ashamed or regretful after an angry outburst	Partner ended a relationship because of emotional volatility	Developed health issues like high blood pressure or tension headaches	Was asked to leave a group or team due to behavior	Made someone else feel unsafe or uncomfortable
Damaged my own reputation at school/work/socially				