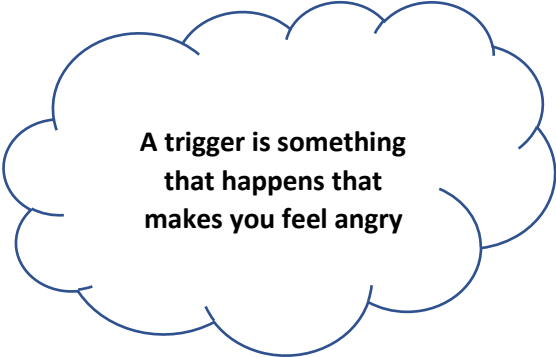
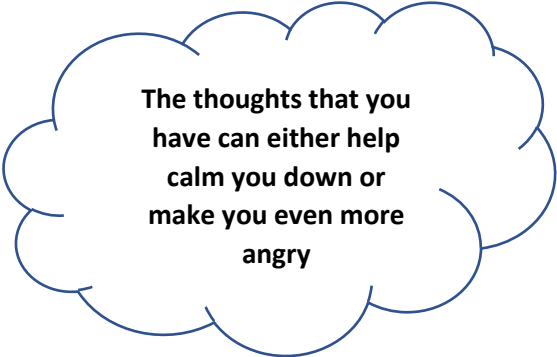


Trigger-> Thought -> Action->

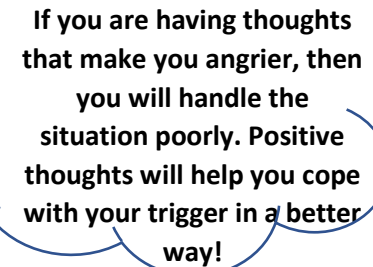
Use this worksheet to show how your thoughts can impact your actions after you become angry



A trigger is something
that happens that
makes you feel angry



The thoughts that you
have can either help
calm you down or
make you even more
angry



If you are having thoughts
that make you angrier, then
you will handle the
situation poorly. Positive
thoughts will help you cope
with your trigger in a better
way!

Read the examples below and think of some helpful thoughts that will lead to positive actions!

Thought	Positive Thought	Positive Action
Nathan is upset because he is not allowed to go outside until his homework is done	"it's okay, let me focus on getting it done, that way I can go outside quicker!"	Nathan works hard to get his homework done, then he gets to play outside
Kyle is angry because his baby sister broke his toy		
Angela is mad because her classmate called her a name		
Tracy is angry because she came in last place in the race		
Sally is mad at her mom because she told an embarrassing story about her.		

Thought log

Think of four events that you had a negative thought that had a negative consequence and think of an alternative response you could have had. Fill out the table with that information.

Event	Thought	Consequence (Behavior/Emotion)	Alternative Response

Thoughts or Feelings

Sometimes it can be hard to tell what we are thinking and what we are feeling. We often fool ourselves into believing that we feel something (and therefore that it is difficult to change) when in fact it is a thought.

For each item say whether it is a thought or a feeling. By writing **T** for **THOUGHT** and **F** for **FEELING** on the line

1. I feel that something awful will happen _____
2. I feel scared _____
3. I feel so guilty _____
4. I feel as though I'm falling apart _____
5. I feel very angry _____
6. I feel as if my life will never get better _____
7. I feel lonely _____
8. I feel panicky _____
9. I feel so useless _____
10. I feel ashamed _____
11. I feel like I'm being torn apart _____
12. I feel heavy _____
13. I feel down _____
14. I feel that I am a disgusting person _____

How I Feel

I feel: _____

Happy	Mad	Sad	Glad
Worried	Excited	Bored	Scared
Annoyed	Upset	Sick	Nervous

I feel this way because:

This is what I did about it:

Something else I could have done is:

Ask for help	Take deep breaths	Walk away
Do something else	Tell an adult	Talk to a friend

