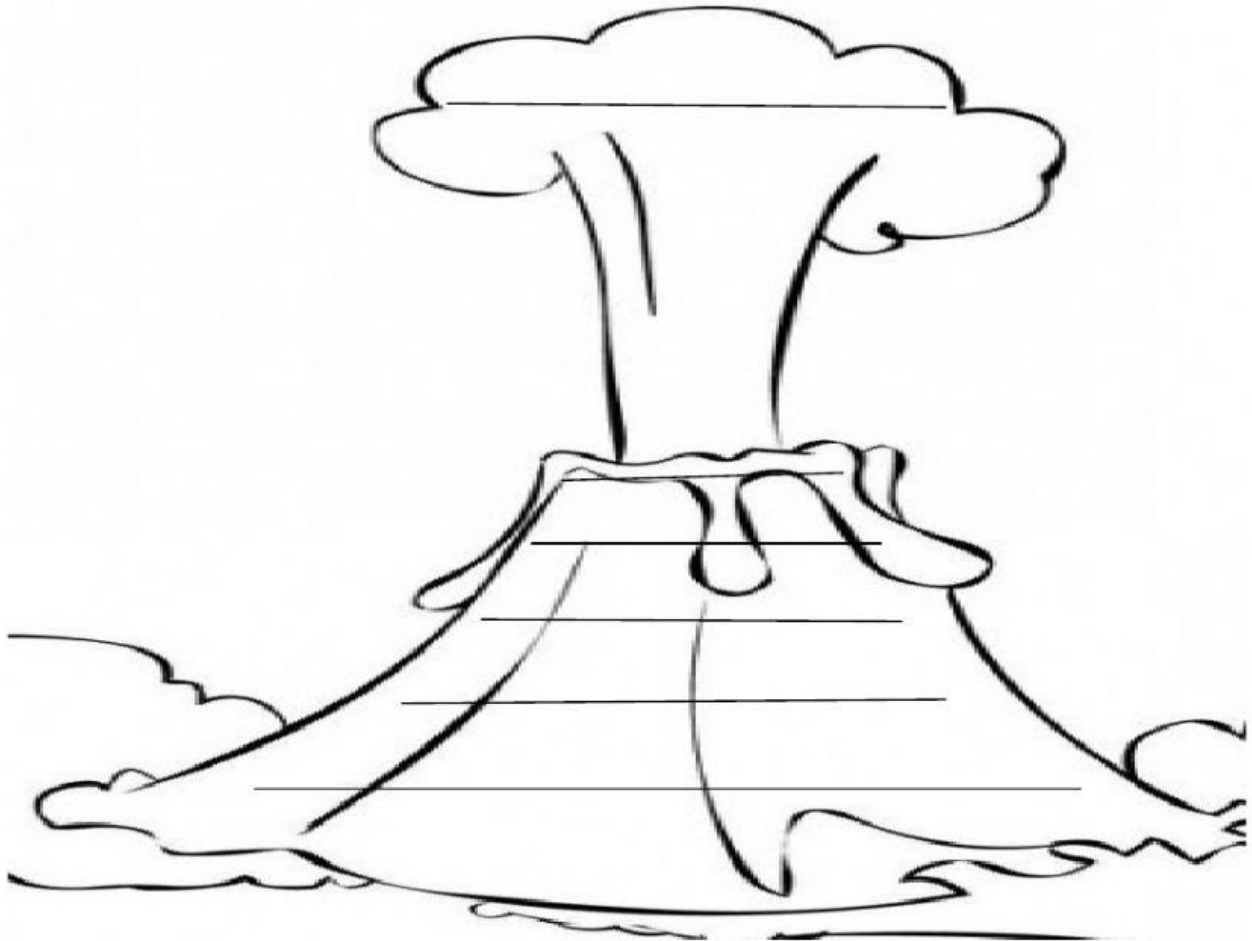


The Angry Volcano

Think of yourself as a volcano. As the heat rises in a volcano so does the lava, sometimes building until it erupts.



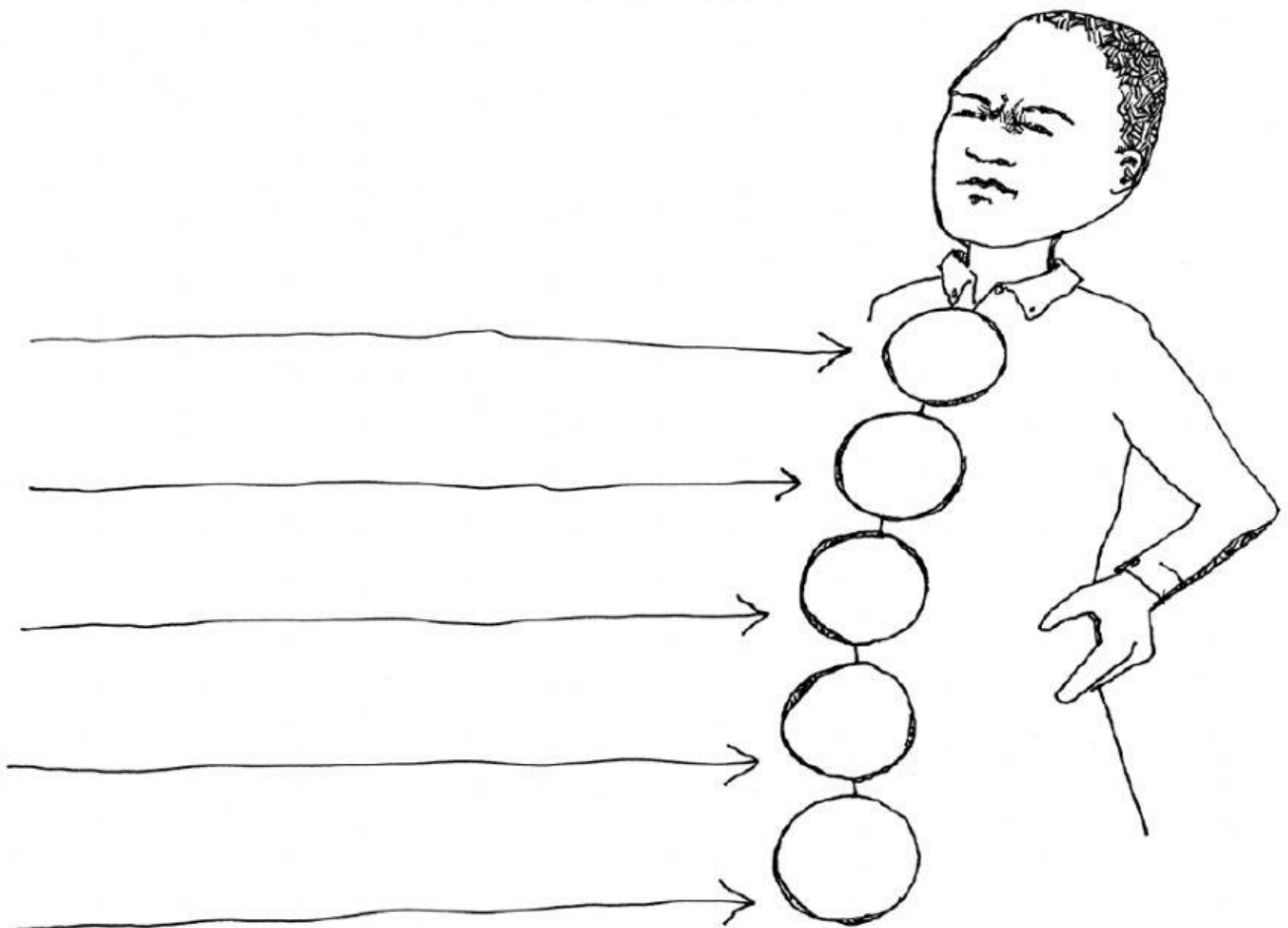
Identify a time when your emotions got so hot they erupted. Describe your most angry behavior on the line in the eruption.

On the line before the eruption write what happened just before, working your way down to the earliest event that started the escalation.

Anger Buttons

Have you ever heard the expression 'Pushing My Buttons?' Everyone has their own Anger Buttons. These are things that really get you upset and trigger your angry behavior. But keep in mind you are not a computer, when someone 'pushes your buttons', you have a choice as to how you behave in response.

On each arrow below, describe something that regularly triggers your anger. Eg If someone says something about your family, then choose a one or two word phrase to represent that trigger and write it on the button that the arrow points to, eg Family Jokes



Be aware of your anger buttons. Practice recognizing when they are about to be triggered so you can make conscious choices about how you will react.