



Anger Triggers

Knowing Your Triggers Can Prevent an Anger Explosion!

There are many ways that the brains can be triggered, triggers are usually not the same for all persons. Your anger triggers will be based on your individual life experiences. *For instance, if you were/are a victim of bullying, your triggers will be intense toward anyone who attempts to control or threaten you.*

Common triggers to anger:

- Injustice
- Disrespect
- Violation of your personal space
- Abusive language
- Labeling, shaming, blaming
- Physical threats
- Insults
- Misinformation
- Lying
- Relationship disputes
- Constant disappointment
- Lack of control
- Individuals, who have hurt you