***Triggers to Anger***

**Frustration** When you are prevented or blocked from doing something you want to do. Frustrations often lead to our becoming angry.

**Annoyances** When things such as repeated noises or interruptions get on your nerves. Barking dogs, equipment breakdowns, noisy neighbors and other repeated annoyances can lead to anger.

**Mistreatment** When you think you have been treated unfairly. If we believe someone is unjust or unfair to us, it is easy to become angry at that person.

**Abuse** When you are verbally or physically abused or attacked. When people put us down, call us names, or get physical with us it often leads to anger.

**Disappointments** When you are disappointed in your behavior or the behavior of others. When you think someone has let you down or you have let yourself down it can lead to anger.