

Name: _____

MOD: _____

Date: _____

My Anger Inventory: My Anger Triggers

What Makes You Angry	Always	Sometimes	Never
Concentration difficulties – losing your train of thought			
Being surprised or startled			
Feeling pressured or put on the spot			
Being unable to think on your feet			
Getting delayed or held up			
Facing disappointment			
When you can't say what you mean			
When you know what you want to say but the words won't come out			
When you feel foolish			
When you are the recipient of false or misleading information			
When you feel let down by others			
When you can't get anything done no matter how hard you try?			