

MY ANGER TRIGGERS

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I FEEL MAD BECAUSE...

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| <input type="checkbox"/> FEEL LEFT OUT | <input type="checkbox"/> MY FRIENDS DIDN'T INCLUDE ME |
| <input type="checkbox"/> FEEL IGNORED | <input type="checkbox"/> BEING TOLD WHAT TO DO |
| <input type="checkbox"/> HAVE TO STOP PLAYING | <input type="checkbox"/> FEEL BORED |
| <input type="checkbox"/> BEING TEASED | <input type="checkbox"/> AM TIRED |
| <input type="checkbox"/> DON'T WANT TO SHARE | <input type="checkbox"/> I DID BAD ON A TEST |
| <input type="checkbox"/> FEEL UNHEARD | <input type="checkbox"/> AM HUNGRY |
| <input type="checkbox"/> I'M BEING YELLED AT | <input type="checkbox"/> STRESSED OUT BORED |
| <input type="checkbox"/> DON'T UNDERSTAND | <input type="checkbox"/> AM GRUMPY |
| <input type="checkbox"/> FEEL EMBARRASSED | <input type="checkbox"/> LOST A GAME |
| <input type="checkbox"/> NO ONE IS LISTENING TO ME | <input type="checkbox"/> NO ONE SAID "GOOD JOB" TO ME |
| <input type="checkbox"/> TOUCHING MY STUFF | <input type="checkbox"/> FEEL SCARED |
| <input type="checkbox"/> THINGS AREN'T FAIR | <input type="checkbox"/> WAS CALLED A NAME |
| <input type="checkbox"/> DON'T WANT TO DO IT | <input type="checkbox"/> TOLD "NO" |
| <input type="checkbox"/> BEING INTERRUPTED | <input type="checkbox"/> BEING BLAMED |
| <input type="checkbox"/> DON'T UNDERSTAND THE WORK | <input type="checkbox"/> FEEL JEALOUS |
| <input type="checkbox"/> SOMEONE LIED TO ME | <input type="checkbox"/> I DIDN'T PLAY WELL TODAY |
| <input type="checkbox"/> MY PARENTS ARE ARGUING | <input type="checkbox"/> SOMEONE STOLE MY THING |
| <input type="checkbox"/> THIS IS TOO HARD TO DO | <input type="checkbox"/> SIBLINGS TOUCH MY STUFF |