

# My Anger Triggers



<p>chores</p>	<p>change</p>	<p>school</p>	<p>work</p>
<p>conflicts</p>	<p>being told "no"</p>	<p>waiting</p>	<p>getting hurt</p>
<p>getting in trouble</p>	<p>others telling me what to do</p>	<p>not getting what I want</p>	<p>losing</p>
<p>others not understanding me</p>	<p>loud noises</p>	<p>being late</p>	<p>others being unkind</p>
<p>making a mistake</p>	<p>others getting too close</p>	<p>someone taking my things</p>	<p>not understanding</p>