

## Handout 4

### Factors that contribute to triggering anger

#### The external setting –

- Heat, noise
  - Crowds, traffic, hustle and bustle
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#### Your internal state –

- Fatigue, stress, worry, disturbed sleep
  - Feeling frustrated, miserable, hurt, moody, depressed
  - Hunger, illness, heat, cold, excitement, high arousal
  - Effects of alcohol and other addictive substances
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#### Your Personal Flashpoints

- Being exploited, or asked to do too much, or being unfairly treated
  - Someone taking advantage of you, someone telling you how you feel
  - Being shouted at, criticized, put down in public, interrupted
  - Being ignored, passed over, not taken account of and threatened.
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