

The Anger Cycle

Triggering Event

A triggering event can be anything that results in negative thoughts and emotional reactions. E.g. getting stuck in traffic, being criticised or contradicted, being made to wait or something not working properly.



Negative Thoughts

Negative automatic thoughts usually link the trigger to the reaction. Examples include "that idiot pushed in, I hate my job, how dare they talk to me that way, they are treating me like I am stupid."



Behavioural Response

In response to your negative automatic thoughts, emotions and physical symptoms, an angry reaction can result in shouting, arguing, criticising, verbally and physically attacking another person and throwing or breaking objects.



A negative emotional reaction follows negative automatic thoughts. Examples include frustration, anger and rage.

Physical Symptoms

Your body reacts to your emotions, usually outside of your awareness. Examples include shaking, tensing, heavy breathing, clenched fists, flushing, racing heart, seeing red.