

Pre-Anger state	The Trigger	Anger thoughts	Anger Experience	Anger Expression and Consequences
<i>What was the build up?</i>	<i>What was the final straw? What happened to set it off?</i>	<i>What went through my mind?</i>	<i>How did it make me feel in my body?</i>	<i>What did I do? What was the outcome? What can I do next time?</i>