

Identifying My Current Triggers

Directions: Identify anger triggers and the thoughts you think immediately before you experience anger, hurt, disappointment, etc. Try to complete at least half of the examples as they pertain to your divorce or parental relationship. You may notice that these triggers may be similar to your "hot buttons."

Current Activating Triggers	Current Beliefs/Thoughts	Current Emotions
1. Parent does not return child's clothes.	He/She will never be responsible. He/She wants to inconvenience me.	Anger, frustration
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		