



Bay Brooke Center
For Independence & Wellness

PARENTING AND DIVORCE CLASS.COM

A Parent Education and Family Stabilization Course

Learning New Reactions

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.

| Original Trigger (A) | New Belief (B) | New Emotion (C) |
|--|---|---|
| 1. Parent does not return child's clothes. | He/She is washing the clothes. He/She was in a hurry and forgot the clothes. | Partial understanding Slight Annoyance |
| 2. | | |
| 3. | | |
| 4. | | |
| 5. | | |
| 6. | | |
| 7. | | |
| 8. | | |