



Behavioral Response

- 5** Finally, you act on your anger, whether that means yelling, slamming doors, or giving someone the silent treatment.



Triggering Event

- 1** Something happens that sets off your anger—maybe someone cuts you off in traffic or says something hurtful.



Physical Symptoms

- 4** Your body reacts with symptoms like a racing heart, clenched fists, or a tight chest.



Negative Thoughts

- 2** Your mind jumps to negative thoughts like “This is so unfair” or “They don’t care about me at all.”



Emotional Response

- 3** These thoughts fuel your emotions, leading to feelings of anger.

Anger And Relapsebreaking The Cycle

B Lingard



Anger And Relapsebreaking The Cycle:

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