

Common Anger Triggers



Different events and situations trigger anger for different people. In general, most people are more easily irritated if they are already Hungry, Annoyed, Lonely, or Tired (HALT). When you are already feeling that way, it doesn't take much to trigger your anger. Here are some common situations that anger most people. Which of these trigger your anger?

PEOPLE

- ☐ People asking rude questions or being nosy
- ☐ People joking about important subjects
- ☐ Rude or messy neighbors or roommates
- ☐ People that don't pay back money they owe
- ☐ Loud people in a theater or place that should be quiet

PLACES

- ☐ Places that bring up bad memories
- ☐ Places where you feel trapped
- ☐ Waiting in long lines
- ☐ Waiting a long time for an appointment
- ☐ Traffic
- ☐ Crowded public transportation
- ☐ Crowded stores
- ☐ Bad working conditions

SITUATIONS

- ☐ Hungry, Angry, Lonely, Tired (HALT)
- ☐ Being wrongly accused
- ☐ Getting lost or being given wrong directions
- ☐ Being placed on hold on the phone
- ☐ Cleaning up other people's mess
- ☐ Rumors or gossip
- ☐ Being stolen from
- ☐ Slow customer service