## Anger Cycle

## Trigger An event that triggers your anger Behavioural Negative Behaviours are a Automatic thought that result of your thoughts response thoughts, emotions follow and body responses. triggering event. **Body responses** Negative thoughts to triggering events can in different ways (e.g. lead to negative sweating, shaking, emotions. **Emotional** Body etc.) response response

Illustration adapted from Langelier, C. A., & Connell, J. D. (2005). Emotions and learning: Where brain based research and cognitive-behavioral counseling strategies meet the road. River College Online Academic Journal, 1(1), 1-13.

