

TRIGGERING EVENT

A triggering event can be just about anything that results in negative thoughts.

Examples include:

- Getting cut off while driving.
- Having a bad day at work.
- Your friend is late meeting you.



NEGATIVE THOUGHTS

Negative self-talk occurs in response to a trigger.

Examples include:

- "That jerk just had to go and cut me off because they're soo important."
- "I hate my job. I'm horrible at it. Every day is the worst."



BEHAVIORAL RESPONSE

Based upon your thoughts, emotions, and physical symptoms, you respond to the situation. Aggression and other behavioral responses to anger often result in new triggering events.

Examples include:

- Fighting
- Yelling
- Arguing
- Criticizing



EMOTIONAL RESPONSE

The emotional response depends on thoughts. Negative thoughts result in a negative emotional response.

Examples include:

- After thinking that another driver has intentionally cut you off, resulting emotions may be anger and frustration.



PHYSICAL SYMPTOMS

Your body reacts to your emotions, usually outside of your awareness.

Examples include:

- Shaking
- Tensing of muscles
- Heavy Breathing
- Clenched fists
- Flushed skin

