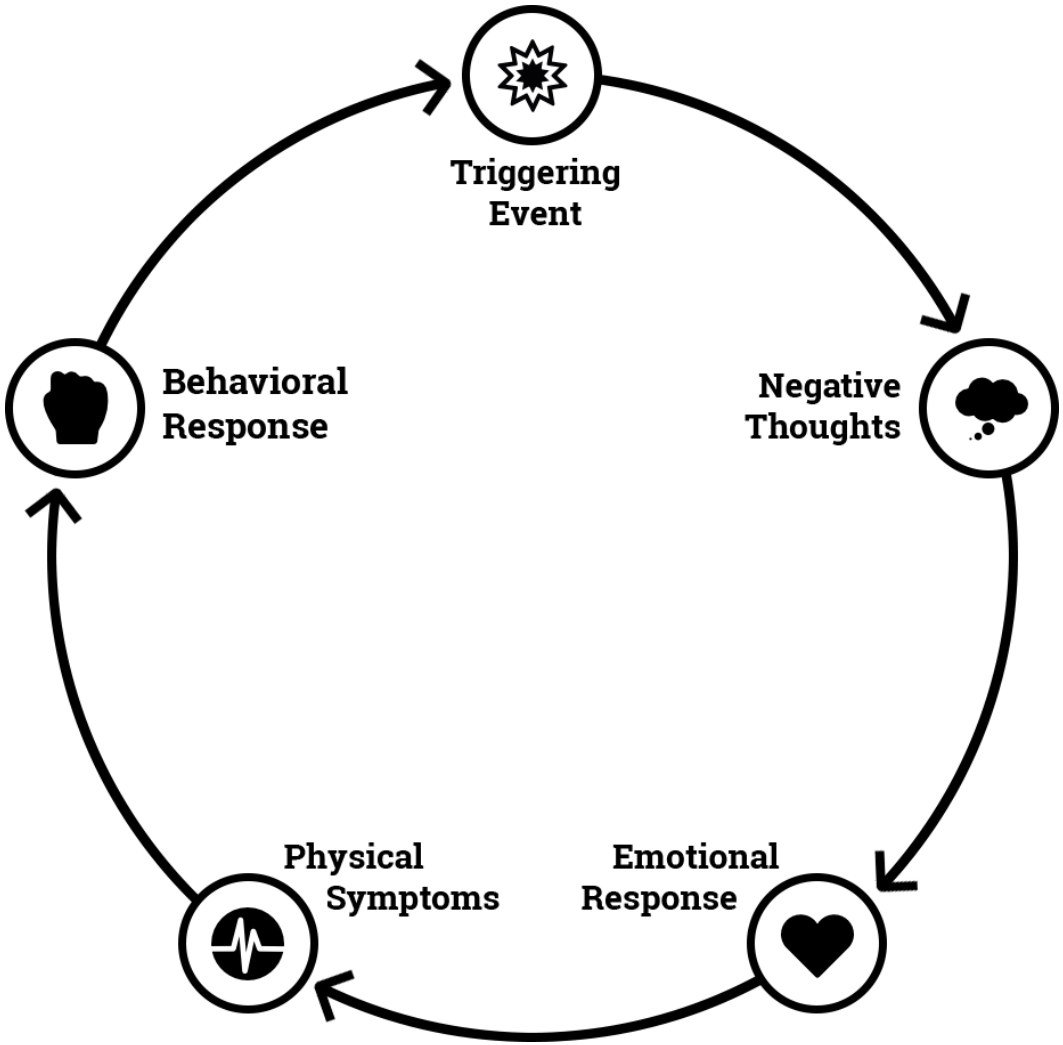
The Cycle of Anger



Triggering Event
An event or situation "triggers" a person's anger. Examples:

- Getting cut off while driving.
- Having a bad day at work.
- Feeling disrespected.

Negative Thoughts
Irrational and negative thoughts occur as a result of the triggering event. Examples:

- "I'm the worst parent *ever*."
- "The jerk who cut me off doesn't care about anyone but themselves."

Emotional Response
Negative thoughts lead to negative emotions, even if the thoughts are irrational. Examples:

- Feelings of shame and guilt due to being the "worst parent ever".
- Rage directed toward a bad driver.

Physical Symptoms
The body automatically responds to anger with several symptoms. Examples:

- Racing Heart
- Clenched Fists
- Sweating
- Shaking

Behavioral Response
The person reacts based upon thoughts, feelings, and physical symptoms. Examples:

- Fighting
- Yelling
- Arguing
- Criticizing

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