

Anger Management Stages Template

Stage	What Happened	What I would do differently next time (if anything)
Trigger: Event that triggers anger		
Stage 1 of anger First movements towards anger Fight or flight reaction and starting to think angry thoughts		
Stage 2 of anger: Response to the first movements. <i>Can resist or intensify</i> initial angry thoughts		
Stage 3 of anger Thinking and behaving and feeling, depending on what happened at stage 2		