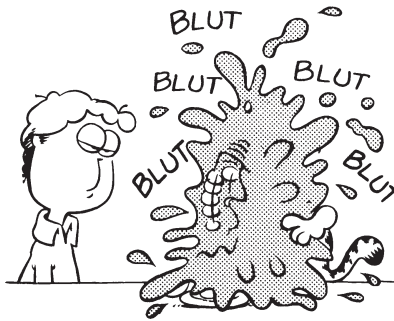


What "Makes" Us Get Angry or Upset?

Read the two Garfield cartoons and identify the triggers.

Garfield

Jim Davis



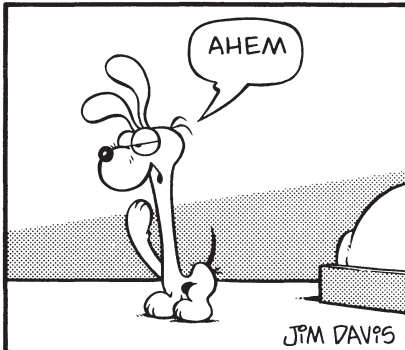
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Trigger: _____

Garfield's response: _____

Garfield

Jim Davis



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Trigger: _____

Garfield's response: _____

Personal Triggers Worksheet

What are some of the events or situations that “set you off” and make you feel angry or upset?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

How Triggers Work

A trigger makes us angry or upset because . . .

- 1. It is an automatic, learned habit.**
- 2. We think or say things to ourselves about the trigger.**

Who's in Control?



Unlearning Reactions

**We can unlearn something
by practicing a different reaction over
and over again
until it becomes automatic.**

Session 4 Homework Assignment

List three triggers—events or situations—that really make you feel angry or upset. Imagine each trigger, one at a time. When you feel yourself getting upset, use the Three-Step Relaxation Technique that follows.

Triggers

1. _____

2. _____

3. _____

Three-Step Relaxation Technique

1. STOP!
2. CALM BODY
3. Relax and let go

OPTIONAL: Practice the Calm Body Technique (see page 14) and listen to the Scanning Relaxation CD.