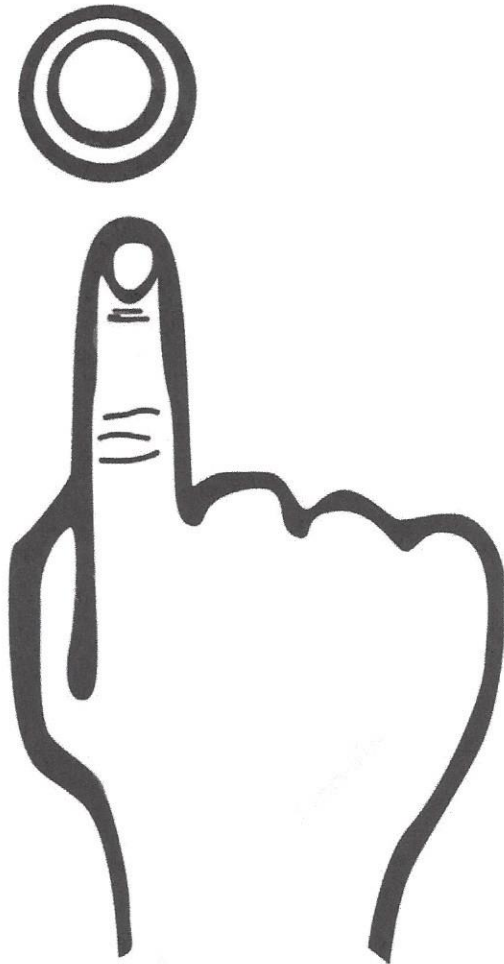


# Pushing Your Anger Button

Understanding the things that trigger your anger can help you control it. You don't have to let people push your anger button.

## Your Buttons:

In the spaces below, write down the things that "push your anger button." Then write down something you can tell yourself to keep from getting angry when that button is pushed.



My Button: \_\_\_\_\_

What I Can Tell Myself: \_\_\_\_\_

My Button: \_\_\_\_\_

What I Can Tell Myself: \_\_\_\_\_

My Button: \_\_\_\_\_

What I Can Tell Myself: \_\_\_\_\_

My Button: \_\_\_\_\_

What I Can Tell Myself: \_\_\_\_\_

My Button: \_\_\_\_\_

What I Can Tell Myself: \_\_\_\_\_