

# ANGER

# MAP

We don't use a coping skill **BEFORE** a trigger because we don't know **WHEN** this will happen. We can't control that.



## COPING SKILLS

4 Square Breathing

Taking a time out

Taking a few minutes outside

Listening to music

Spending time with a pet  
Journaling

**BREAK THE CYCLE**  
with coping skills!

## TRIGGERS

These are things that make you upset

## RESPONSE

How the body is responding to getting upset or triggered.

Ex. Red face, heart pounding, heavy breathing

## REACTION

Our reaction to the trigger.

Ex. Yelling, cursing, hitting, self injury