

HANDOUT 4- Triggers, Cues and High Risk Situations

TRIGGERS: Triggers are environmental factors including: **people, places, things, events and times** which generate irritable reactions and increase potential to be aggressive

CUES: Cues are the changes which take place in a person's **Behaviors, Emotions, Sensations and Thinking** in a response to a Trigger. These changes are **progressive** and move from **subtle and manageable to overt and unmanageable.**

Triggers List:

Please list at least two "triggers" that bring about an anger response in you.

Cues List:

Cues are things that happen inside of us in response to a trigger. These reactions may be in our BEHAVIOR (the things we do), EMOTIONS (our state of mind), SENSATIONS (the physical feelings) and THINKING (what are we saying to ourselves). Try to list at least 2 cues from each of these areas that you experience when you are angry.

BEHAVIOR

1. _____ 2. _____

EMOTION

1. _____ 2. _____

SENSATION

1. _____ 2. _____

THINKING

1. _____ 2. _____