**Trigger Tracker**

|  |  |  |
| --- | --- | --- |
| **My triggers** | **What level of anger do I feel about this trigger - mild, moderate or intense?**  **(from the Anger Thermometer)** | **What are my feelings in relation to this trigger?**  **(from the Anger Thermometer)** |
|  |  |  |

© Lucy Holbrook Inner Learning First May 2020