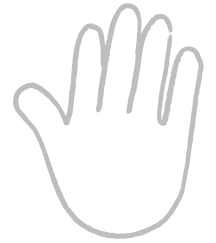


Anger HALTS chart



Use the table below to think about the situations, people, or HALTS (Hungry, Angry, Lonely, Tired, Stressed) that commonly make you feel angry. Once you've identified your triggers, think of practical ways to avoid or manage them in the future. For example, if you often get angry when you're hungry, you could keep a snack with you to eat before the hunger affects your mood.



Your Anger Triggers: (People/situations/HALTS)	How might you be able to avoid these common triggers?
1	
2	
3	
4	
5	
6	
7	

