**LEVEL 2 – YOUR ANGER TRIGGERS**

Make a list of your “anger triggers.” Be specific – what circumstances or actions trigger your anger? For example, you get angry when your coworker asks you to do something because, perhaps, you feel taken advantage of. Fill in the table below:

| Trigger | My Reaction | Result |
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*This Week…*

Forgiving yourself and others is an important step in releasing Level 2 energy. Think of a circumstance in which you’re angry at yourself or someone else. In your journal, write a letter of forgiveness (you don’t have to send it).

Hint: It may help to think of forgiveness as accepting that the person was (or you were) doing the best that they could at the time. It’s not about saying that what they (or you) did was right. You forgive for you, not them.