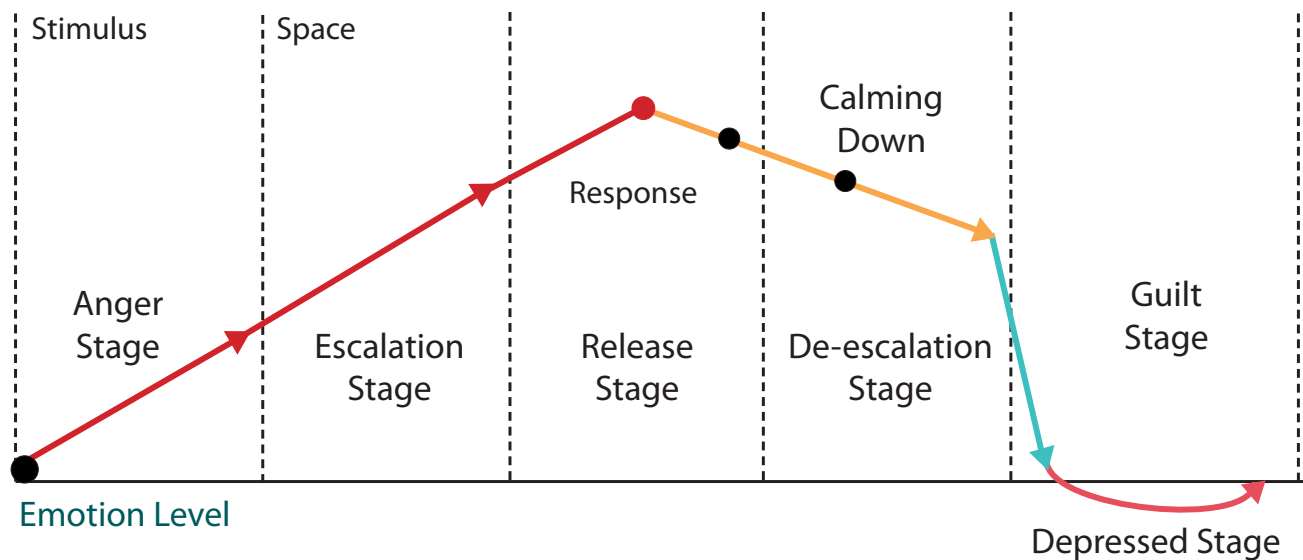


# The Anger Cycle

What happens when we get angry?



## Anger

Anger is a secondary emotion to the trigger response. The sources of anger originate from our physiological (our biology), cognitive (our thinking) and behavioural (physical) states

Having reviewed the anger scale and with a better understanding of the stages, you may want to ask the following questions:

- Q1. What is my primary response to a trigger event? How do I feel when I am getting angry?
- Q2. How can I recognise the emotional response in others?
- Q3. When would be the best time to intervene or try to resolve?
- Q4. What sort of techniques, skills, behaviours or strategies could you use to defuse anger?