

Anger Triggers: Difficult behaviour

1. Tick the behaviours which arouse feelings of frustration or anger in you
2. Add other behaviours not listed
3. Circle the six which cause you the most problems

Passive Style

- Moaning/whining
- Manipulative
- Secretive
- Dishonest/two-faced
- Apathetic/aimless
- Lazy
- Over-pleasing/groveling
- Ineffectual/helpless
- Perfectionist/over conscientious/obsessive
- Reticent/diffident
- Overly cautious/resistant to change
- Disloyal
- Mistrustful
- Gloomy
- Nervous/timid
- Slovenly/untidy

Aggressive Style

- Impatient
- Disobedient
- Insolent /discourteous
- Irritable /bad tempered
- Cocky /flippant / inappropriately jokey
- Bullying
- Selfish
- Domineering
- Lone-ranger /non-collaborative
- Careless
- Fool-hardy /impulsive
- Insensitive (e.g. in humour or giving feedback)
- Arrogant /dogmatic /opinionated
- Disparaging
- Discriminatory / prejudiced
- Lecherous