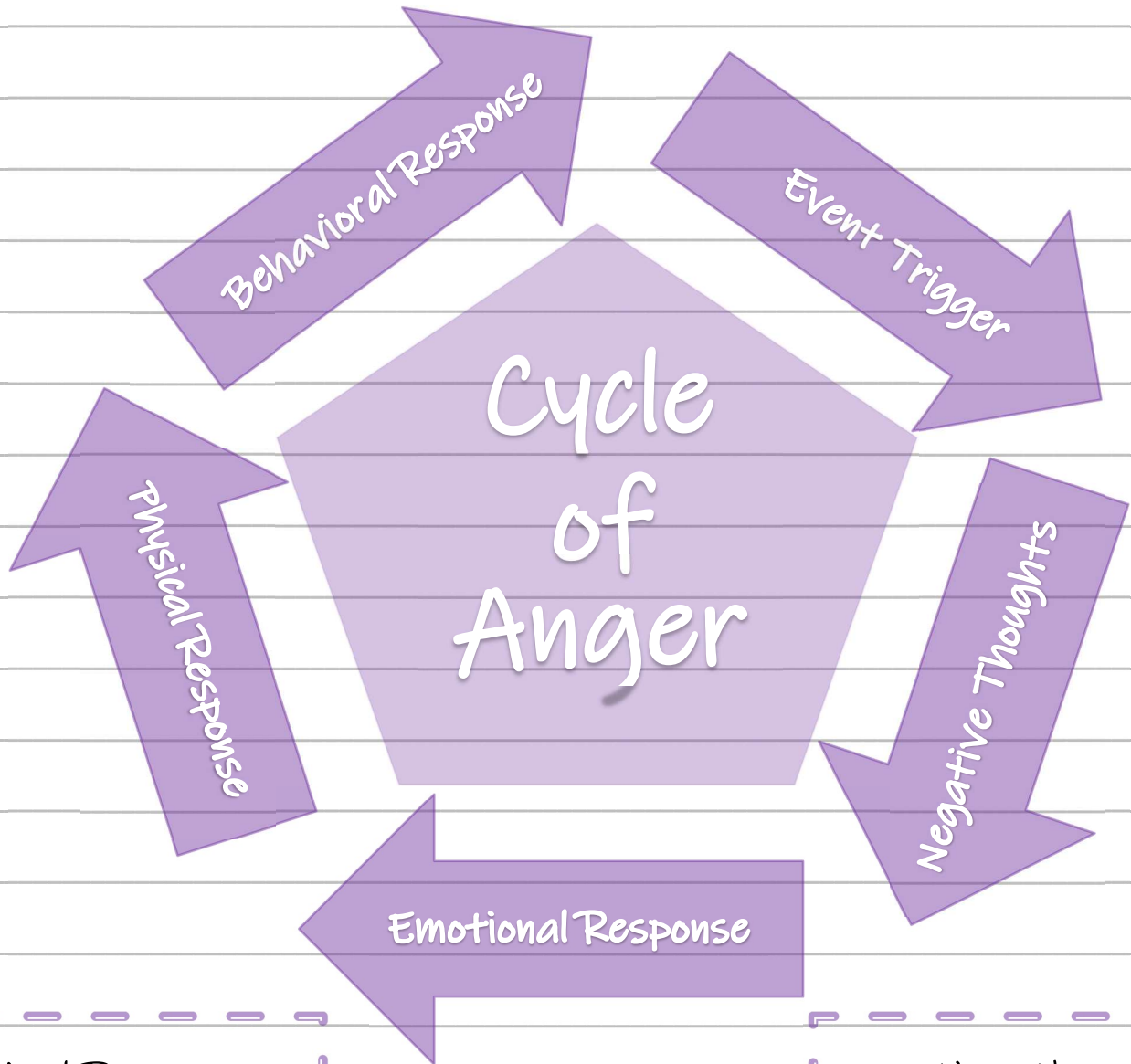


Behavioral Response

The person reacts based on thoughts, feelings and physical symptoms.

Event Trigger

An event or situation that triggers anger.



Physical Response

The body responds automatically to anger with symptoms like a pounding heart.

Emotional Response

Negative thoughts can lead to a negative emotional response like anger and frustration.

Negative thoughts

Negative and often irrational thoughts resulting from the event trigger.