

## What are u's triggers to aggression?

Triggers have four basic components:

- 1). General: Feelings
- 2). Specific: Action
- 3). Reason
- 4). Replacement Behavior

The who, what, why, how of triggers.

- You must understand/accept that you have triggers.
- How u know u have triggers (past events/unresolved issues)
- Recognize them
- What affect they have on you, the way you think, behave and act.

Triggers can develop from deep within, childhood or unresolved issues. Take a look at the samples below:

### General: Feeling

- Losing my temper —
- Blowing it —
- Feeling disrespected —

### Specific: Action

- pushing my son
- yelling at my son
- When my wife puts me down for not making enough money

- Now, define u's triggers!  
4 yr self!