



The Anger Cycle

Catch the message before the reaction takes over

Anger is a valid emotion. Aggression is a behaviour. Mapping the cycle helps you notice where choice and support can enter before anger causes harm.

1. Trigger

Something happens, or an old wound is touched.

2. Story

My mind interprets what happened and predicts what it means.

3. Body alarm

Heat, tension, racing heart, clenched muscles or urgency.

4. Response

I argue, withdraw, criticise, shout, freeze or act.

If anger may lead to violence or anyone is unsafe, create distance and seek urgent specialist or emergency support.

A trigger I want to understand

The story my mind tells

My earliest body warning signs

What I usually do and what follows

My safest interruption point and coping action
