

# HOT BUTTONS



## *Directions*

Hot buttons are things that make you irritated, angry, or enraged. They may be something other people do, think, or say. They may be something that others do to you, to others, or to themselves. Take a few minutes and think about what makes you angry. List some of your hot buttons below:

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## CUES TO ANGER

### IMMEDIATE ANGER

- 1.
- 2.
- 3.
- 4.
- 5.

### PENT-UP ANGER

- 1.
- 2.
- 3.
- 4.
- 5.

When a hot button has been pushed and I am feeling my personal cues to anger, I can calm down by:

### *Immediate Calming Strategies*

- 1.
- 2.
- 3.
- 4.

### *Later Calming Strategies*

- 1.
- 2.
- 3.
- 4.