

ANGRY'S ROADMAP

Road Trip Rage**STOP THE CAR!**Do you SEE Angry Palace?!
We NEED to go NOW!**TRIGGERING
EVENT**

Angry took a road trip with her parents, Bitter and Furious. She looked out the window and saw in the distance, an Angry Palace restaurant. This is Angry's favorite restaurant! She yelled, "STOP THE CAR! DO YOU SEE ANGRY PALACE?! WE NEED TO GO NOW!"

Angry had a strong reaction to seeing her favorite restaurant.

**NEGATIVE
THINKING**

Angry's Mom, Bitter said, "We can't stop just yet. Plus, your dad wants Angry Hogs instead." Angry sighed, "Ugh!" She thought about how annoying it was that her dad liked Angry Hogs more than Angry Palace. Angry thought about all the reasons her dad was wrong!

Angry was having some pretty negative thoughts.

**EMOTIONAL
RESPONSE**

Angry continued looking out the window, longingly, wishing her parents would have just listened to her! She sighed a deep sigh and wondered, "Why do my parents never listen to me?"

Angry felt annoyed and sad that her parents didn't agree with her.

**PHYSICAL
RESPONSE**

Angry could not calm down. She began to think, "Is there a way I can change this situation?" She wondered, "How can I get my parents to listen to me?!"

Angry's face felt hot and red, and her fists tensed up.

**BEHAVIORAL
RESPONSE**

Angry felt even hotter now, and her face even redder (if you can imagine!) She decided, "I'll show them!!" With that, Angry threw the newspaper out the window. "Oh, no", she thought, "I'm gonna be in big trouble for this."

Angry immediately regretted her actions.

Depression and Bipolar
Support Alliance

Road Trip Rage



TRIGGERING EVENT

When we feel angry, oftentimes there is a reason we begin to feel upset. For Angry, it was when her parents said they wouldn't stop.

Can you remember an event or situation that you have felt angry about?



NEGATIVE THINKING

After an upsetting situation occurs, oftentimes we begin to think negatively. Angry thought her parents were being mean and that her dad was wrong.

Can you remember a time when you had negative thinking like Angry?



EMOTIONAL RESPONSE

Angry then realized, she was feeling sad, frustrated, and upset that her parents weren't going to stop when she wanted.

Can you remember some other emotions you have felt when you have felt like Angry?



PHYSICAL RESPONSE

Emotions can cause physical changes in our body. Angry began to feel her face get hot and her fists tighten.

What happens in your body when you feel angry?



BEHAVIORAL RESPONSE

Angry decided to act out on her anger by throwing her dad's newspaper out the window.

Can you remember a time you acted out because you felt like Angry?

