Trigger

A customer walks into the bar leaving the door slightly ajar, causes a cold draft

Appraisal/Judgement

'He's left the door open deliberately just to annoy me and show me up in front of all the other customers. If I don't react everybody's going to be laughing behind my back, or worse still, to my face!'

Anger

Inhibitions (Internal/External)

Partially overcome

Response

Jumps to his feet, points finger at man who left the door open and verbally abuses him.

Beliefs

These will stem from your upbringing and experience

These have far-reaching effects because you have beliefs about:

- Yourself and other people (which will affect your appraisal and judgement)
- Anger and how it may be expressed
- Inhibition
- What responses are legitimate?

"People need to be taught a lesson"

Mood

Your mood will also influence you and will include things like:

- Illness
- Routine
- Exercise
- Diet
- Drugs
- Sleep
- Stress
- Social factors

The above diagram is adapted from

“Overcoming Anger and Irritability: A Self-help Guide using Cognitive Behavioral Techniques” by Dr William Davies (2015).