What Was Building Up?

ADHD-adapted anger triggers worksheet | Guide and example

Who this is for

For adults who prefer a short record with choices and brief prompts. A diagnosis is not required.

What this helps with

Spot a pressure; notice one early signal; choose one useful adjustment.

Why this can help

A brief record can reduce the amount you need to hold in mind. Looking at the setting as well as your response may reveal a change you can make.

How to use this worksheet

1. Pick one event. Use this once you feel calmer; a few words are enough.
2. On page 2, tick any pressures that fit. These are possibilities, not explanations to assume.
3. Add one early signal and one next step. Review after your next practice attempt.

Guided example - fictional

What happened?: I was interrupted while trying to finish a form.

What added to it?: Noise, losing my place and feeling rushed.

My first signal: Tight jaw.

What I did / effect: Snapped; the conversation became tense.

One change: Turn the television off and mark my place before answering.

Optional next step: Keep your cue or script somewhere easy to find.

Original educational tool informed by NHS anger advice and NICE ADHD guidance.
Sources: nhs.uk (Get help with anger); nice.org.uk/guidance/ng87. Checked 6 Nov 2026.

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What Was Building Up?

ADHD-adapted anger triggers worksheet | Your turn

Use one event or practice attempt. A few words are enough; leave out identifying details.

What might have added to it? Tick any that fit.

- ☐ Interruptions
- ☐ Noise / distractions
- ☐ Task frustration
- ☐ Time pressure
- ☐ Too many instructions
- ☐ Unexpected change
- ☐ Tiredness / hunger
- ☐ Feeling criticised
- ☐ Something else

What happened? A few words are enough.

My first body signal, feeling or urge:

What I did, and what happened next:

One thing I could change or ask for:

Reflect and choose your next step

The earliest signal I want to catch is...

A reminder or support that might help is...

My next small try, and when I will check back:

Choose a format that suits you. ADHD does not mean someone is always angry. These adaptations support access to skills; responsibility for actions still matters. If this feels too much or anger is causing harm, speak with your GP or therapist. If anyone is in immediate danger, call 999.

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