
TRIGGER - WOUND - RESPONSE WORKSHEET

Slow the reaction. Understand the wound. Choose the response.

Anger is a signal, not a personality. This guided worksheet helps you look beneath a recent reaction so you can respond with greater clarity, control, and intention the next time pressure rises.

THE THREE-STEP FRAMEWORK

- 01 TRIGGER** What happened immediately before your anger rose?
- 02 WOUND** What deeper feeling, fear, or old hurt did it touch?
- 03 RESPONSE** What did you do, and what could you choose next time?

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STEP 1

Identify the Trigger

Describe the moment without judging or defending yourself.

1. What happened immediately before your anger rose?

Describe observable facts: who, what, where, and when.

2. What did you hear, see, assume, or expect?

3. What signals showed up in your body?

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|---|---------------------------------------|---|---------------------------------------|
| ☐ Tight jaw | ☐ Tight chest | ☐ Heat or sweating | ☐ Racing heart |
| ☐ Clenched fists | ☐ Raised voice | ☐ Restlessness | ☐ Other |

4. Rate the intensity of your anger from 0 to 10.

0 = calm | 10 = out of control

5. What did you need or want in that moment?

STEP 2

Name the Wound

Look beneath anger for the meaning the moment carried.

1. Beneath the anger, what else were you feeling?

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| ☐ Hurt | ☐ Disrespected | ☐ Rejected | ☐ Afraid |
| ☐ Ignored | ☐ Powerless | ☐ Embarrassed | ☐ Other |

2. What did this situation seem to say about you?

Example: "I do not matter," "I am losing control," or "I am not respected."

3. Does this feeling connect to an earlier experience or pattern?

4. What value, boundary, expectation, or fear was touched?

Complete this sentence:

"When _____ happened, it touched my fear or wound of _____."

STEP 3

Choose Your Response

Separate what you did from what you want to practice next.

1. How did you respond?

Include words, tone, actions, withdrawal, or silence.

2. What did that response cost you or the other person?

3. What could you choose differently next time?

4. Write the calm words you want to use.

Try: "What I am feeling is... What I need is... What I am asking for is..."

My next-step commitment:

Ready for support beyond this worksheet?

Explore coaching with Ricky C. Williams at

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