

# 5 Steps to Control Your Irritability

## Your *Pocket* Guide

### 1: Identify External Triggers

An External Trigger is anything or anyone outside of you, that results in your change in mood.

### 2: Identify Internal Triggers

An Internal Trigger is any statement that you tell yourself, like an internal dialogue, that increases the irritability.

### 3. Identify Physiological Triggers

A Physiological Trigger is when your body informs you that sometimes if wrong, you are not comfortable and/or you are becoming irritable.

### 4. Identify Coping Skills

Coping Skills are tools that help stabilize your thoughts and emotions. We have more coping skills that we think, we just may not utilize them as often as we should or don't utilize them correctly.

### 5. Engage in Positive Self Talk

Positive Self Talk includes statements made to yourself that will improve your mindset and mood to think optimistically about decisions that you will make and behaviors that you will engage in.

Please share your experiences with me via **email** ([info@doctortk.com](mailto:info@doctortk.com)) or view my BLOG ([www.doctortk.com/blog](http://www.doctortk.com/blog)). I would love to hear from you. To keep in touch or SHARE with others, be sure to visit and SHARE this blog on social media and sign up for my **Go Getter Newsletters** that will offer more **FREE** tools or link you to great services located on my home page right under my slide show!