

# L.I.F.E.M.O.R.T.S.

## UNDERSTANDING THE NINE TRIGGERS OF RAGE



### **LIFE-OR-DEATH**

Almost anyone will defend themselves in what is perceived as a life-or-death attack.



### **INSULT**

Insults will easily provoke rage.



### **FAMILY**

Protecting family members against attack or threat.



### **ENVIRONMENT**

Protecting your own territory or home, which are basic necessities for survival.



### **MATE**

Violence is used to obtain and protect mates.



### **ORDER IN SOCIETY**

Rage frequently breaks out in response to a perceived social injustice.



### **RESOURCES**

Violence will be used to obtain resources (money, valuable property) and to retain it against theft.



### **TRIBE**

Throughout history humans have been divided by tribe, country, or religion, attacking and defending against one another.



### **STOPPED**

Being restrained, imprisoned, cornered or impeded pursuing one's desires. The accompanying emotion is frustration.