Anger Diary

Anger has a way of sneaking up and taking control of our thoughts and actions before we realize what's happening. Fortunately, with practice, you can get better at catching your anger long before it takes over. Keeping an *Anger Diary* will help you achieve that goal.

Instructions: Either at the end of the day, or a few hours after your anger has passed, take a moment to reflect on a situation where you felt angry, or even just a bit frustrated. By following the example, take a few notes about the event. After recording five events, complete the review.

Example	Trigger	"My husband tracked mud all over the carpet and didn't even notice. I had just mopped a few days ago, so I lost it."
	Warning Signs	"Before I got really angry, I noticed that my hands were shaking and I was argumentative. Then, as I got angrier, my face felt really hot."
	Anger Response	"I screamed at my husband. I wanted to throw something, but I didn't. I couldn't stop thinking about how selfish he is."
	Outcome	"My husband ended up getting really angry too, and we argued for hours. It was miserable. I went to bed feeling guilty and sad."

Event One	Trigger	
	Warning Signs	
	Anger Response	
	Outcome	

Event Two	Trigger	
	Warning Signs	
	Anger Response	
	Outcome	

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Event Three	Trigger	
	Warning Signs	
	Anger Response	
	Outcome	

Event Four	Trigger	
	Warning Signs	
	Anger Response	
	Outcome	

Event Five	Trigger	
	Warning Signs	
	Anger Response	
	Outcome	

Review	Do you notice any patterns related to your anger?	
	Generally, how would you like to react differently?	

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