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**My Anger Diary**

Use the space below to record times when you get angry in the week ahead.

It may be helpful to record this at the end of each day or a few hours after you have felt angry.

|  |  |
| --- | --- |
| **Trigger** |  |
| **What did you feel in your body?** |  |
| **What thoughts did you have at that time?** |  |
| **How did you behave?** |  |
| **What was the outcome?** |  |

**Event One**

|  |  |
| --- | --- |
| **Trigger** |  |
| **What did you feel in your body?** |  |
| **What thoughts did you have at that time?** |  |
| **How did you behave?** |  |
| **What was the outcome?** |  |

**Event Two**

**Event Three**

|  |  |
| --- | --- |
| **Trigger** |  |
| **What did you feel in your body?** |  |
| **What thoughts did you have at that time?** |  |
| **How did you behave?** |  |
| **What was the outcome?** |  |

**Event Four**

|  |  |
| --- | --- |
| **Trigger** |  |
| **What did you feel in your body?** |  |
| **What thoughts did you have at that time?** |  |
| **How did you behave?** |  |
| **What was the outcome?** |  |

**Event Five**

|  |  |
| --- | --- |
| **Trigger** |  |
| **What did you feel in your body?** |  |
| **What thoughts did you have at that time?** |  |
| **How did you behave?** |  |
| **What was the outcome?** |  |

**Event Six**

|  |  |
| --- | --- |
| **Trigger** |  |
| **What did you feel in your body?** |  |
| **What thoughts did you have at that time?** |  |
| **How did you behave?** |  |
| **What was the outcome?** |  |

**Review Questions**

Now let’s take a look at the events of this week.

1. Do you notice any patterns in your anger?
2. Can you identify what your body feels like when you are getting angry?
3. Is there a pattern in your thinking when you get angry?
4. Is there anything that you would like to change about the way that you respond when you feel angry?