

Anger Diary

Before you can control your anger you must understand when and why you get angry, and how you behave as a result. This diary will help you identify your anger triggers and your anger responses. Look at the example below, and then use this log to record your own experiences with anger.

Before I Was Angry	Thoughts and Feelings	Behavior	Result
Monday, Jan. 30, 12:00 pm My boss told me I turned in my work late	Feeling: upset. Thought: She thinks I'm a horrible employee	I went in my office and closed the door; kicked the trashcan	Felt upset the rest of the day; didn't talk to boss