

Keep an Anger Diary. In this exercise, you will track your anger for a week. The idea is to become more aware of the types of situations that trigger your anger and the types of feelings and sensations you have as you begin to get angry. In other words, this exercise will help you better understand your cycle of anger. Get a notebook, and each time you get angry, create a new entry to answer the following questions. Alternatively, you could make copies of this worksheet and fill a copy out each time you get angry.

1. What was the date and time of the incident? _____

2. What was the triggering event or circumstance? _____

3. What feelings, sensations, and automatic actions did you notice in yourself as you became angry (eg, feeling hot, heart rate going up, breathing faster, muscle tension, stomach knots, finger tapping, or eye twitching). _____

4. How angry did you get?

mild frustration

serious threat/use of violence

1 2 3 4 5 6 7 8 9 10

5. Approximately how long did you stay angry? _____

6. What did you do in reaction to the situation and your anger? _____
