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| Quick Notes | | |
| * First sign you’ve become angry: * Corrective actions: | | |
| **Injecting Logic** |  | |
| Add as much detail as possible to each section. Add more as you learn more. | | |
| Anger Level | | Technical Changes |
| Describe the thoughts, emotions, things you say, behaviors, and actions that highlight each level of anger. Complete at least three levels. 1:2:3:4:5:6:7:8:9:10: | | Describe the quality of your decision making, perception of the market, opportunities, or current positions at each level of anger. 1:2:3:4:5:6:7:8:9:10: |
| Anger Triggers | | History of Anger |
| List all the things that trigger anger and provide details for each. | | Put your current anger in context with your past. |