

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	Feelings & Thoughts	Behavior	Result
Monday, Jan. 30: My boss told me I turned in my work late.	Feeling: Upset. Thought: She thinks I'm a bad employee.	I went in my office, closed the door, and kicked the trash can.	I felt upset for the rest of the day and didn't talk to my boss.

Before I Was Angry	Feelings & Thoughts	Behavior	Result

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