

Anger diary

You might find it useful to keep a journal and record events or incidents when you became angry. This could help you to identify common patterns or triggers for your anger and gives you a chance to consider how you could manage these differently in the future. There are lots of different ways you can record or log these events, but here is one example of an anger diary template.

Date/Time	Trigger What happened that made you angry/who were you with?	Physical Sensations What happened to your body?	Thoughts and Feelings What did you think, what emotions did you feel?	Behaviour/Actions What did you do, what did you say when you felt angry?	Result/Consequences of your behaviour What was the effect of your anger on the situation, how did this make you feel?