

ANGER LOG

Today's Anger Intensity (on a 1-10 scale):

Today my overall anger number was: ____; and it ranged from ____ to ____.

Warning signs:

Before

After

Physical Signs: _____

Emotional: _____

Thoughts: _____

Behavior: _____

What happened to make you angry?

What did you do to make it worse?

Did this event hurt or upset someone else?

How did this incident hurt or upset you?

What could you do differently?

“I statements about my anger”

• I feel: _____

• when they: _____

• It seems like: _____

Date: _____