



Anger Log II

Once you have tracked your anger on the “Anger Log,” and practiced Anger Management strategies, use this form (“Anger Log II”) to track your progress in managing your anger:

Situation (day, time, who was there, brief description of triggering event AND other emotion felt)	Level of Anger 1 (mild)-10 (furious)	Coping Strategies implemented (at least 2)	*Level of Anger (1-10) after using anger management strategies	Response (What did you do? How did you behave?)	Outcome
<u>Example:</u> - Tuesday morning - co-workers/staff meeting - colleague criticizes my idea in front of everyone - other emotion is embarrassment	8	- Took slow deep breaths - Told myself everything will be ok	4	Spoke slowly and calmly; explained my idea and suggested that if my critical colleague is still in disagreement that we discuss it at a scheduled time later in the week	- Felt less embarrassed - was proud of how I handled a difficult person - communicated my idea well

* Try to cut the original level of anger in half before responding. For example, if you start at an 8, use coping strategies until your anger is at a 4 or lower, then respond.

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