



Anger Log

Use this anger log to track your anger for about a week or two. Once you have tracked your anger, recognized the other emotions you're feeling, analyzed themes, and practiced coping strategies, move on to "Anger Log II."

Situation (day, time, who was there, brief description of triggering event)	Level of Anger 1 (mild)- 10 (furious)	Consequence (Describe what happened)	Other emotion(s) you felt, besides anger	Notes (other factors)
<u>Example:</u> - Tuesday staff meeting - Coworkers - Coworker criticized my idea	8	- Became flustered - Criticized coworker back - Felt out of control	- Embarrassment - Shame	- I was tired today; didn't sleep well last night

Themes (analyze your anger log; write down themes that emerged in terms of when/why/where your anger is triggered):

Coping Strategies (make a short list of three things you can do next time you feel angry and practice doing these things when anger is triggered; see "10 Tips and Strategies" and "How to Relax" for ideas):

- 1.
- 2.
- 3.