



Anger Journal
Do this for the next 14 days

An anger journal can help you understand – and manage – your anger. Keeping an anger journal takes no more than a few minutes a day. Take a small notebook, and whenever you find yourself angry, jot down several details:

1. Where are you?
2. What made you angry?
3. How angry are you, on a scale of 1 (a little irritated) to 10 (so furious you can't speak)?

At the end of the day, note how many anger incidents you experienced. Keep this journal for two weeks, and see if you can uncover your anger triggers – the people or places that make you most angry.

Once you find your triggers, you can take steps to avoid them and manage your anger more effectively.

1. Where are you?



2. What made you angry?

3. How angry are you, on a scale of 1 (a little irritated) to 10 (so furious you can't speak)?

What do I think are your anger triggers so that you can take steps to avoid them and manage your anger more effectively?
