

Anger diary

Use this diary to record the causes and consequences of any episodes of anger. Refer to specific events and record dates and times.

Situation/ trigger:

Describe what happened and what were you doing, who were you with, where and when did it happen?

Emotions and body responses

How did you feel and what body responses did you notice? Rate the intensity of emotions and body responses on a scale 1 - 100.

Thoughts

What thought or image popped into your mind?

Behaviour

What did you do?

Outcome

What happened after?