

Anger Diary

Date / Time	Trigger What had happened just before you felt angry?	Emotion How did you feel at that time?	Body sensations What did you feel in your body?	Thoughts What was going through your mind?	Behaviour How did you react? What did you do?	Consequences What happened and how did you feel as a result of your actions?
	<p>Where were you? Who were you with? What were you doing?</p>		<p>How did that body sensation make you feel?</p>	<p>Did you have thoughts about another person's transgression? Record any thoughts or images that went through your mind</p>		<p>What were the short term and long term consequences?</p>