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?
Saturday 12:00pm	Having conversation with my wife about the children Where were you? Who were you with? What were you doing?	Angry	Could feel it boiling in my stomach - and hot flushing feeling in my face How did that body sensation make you feel?	She doesn't think I'm capable of taking care of them properly Image of myself as a little boy when Mum would undermine me Did you have thoughts about another person's transgression? Record any thoughts or images that went through your mind	Lost my temper and shouted at her Stormed out	Short term - I felt powerful when I was shouting, that felt better than feeling undermined Long term - Not sure she will stay with me if I carry on like this. Makes her less likely to think I'm capable What were the short term and long term consequences?

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