Anger Diary

Before you can control your anger, you'll need to learn to recognize when and why you feel angry. An *Anger* Diary is a tool used to record your anger triggers, and your response to anger, so you can better understand them in the future.

What happened *before* I felt angry.	**What I thought, and how I felt.**	**How I responded to the situation (my behavior).**	**The consequence.**
Example: My boss asked me to redo some work.	Feeling: Hurt / Angry Thought: My boss never things I do a good enough job.	Stormed out of my bosses' office, closed my door, and kicked my trashcan.	I felt upset the rest of the day and felt like I had to avoid my boss.

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