

Anger Diary



Date/Time	Trigger What had happened just before you felt angry?	Emotion How did you feel at the time? What intensity from 0 to 10?	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? Positive/Negative consequences?
<p><i>Example:</i> Saturday 12:00pm</p>	<p><i>Example:</i> Having conversation with my partner about trying to conceive</p> <p>Where were you? Who were you with? What were you doing?</p>	<p><i>Example:</i> Angry</p>	<p><i>Example:</i> Could feel it boiling in my stomach and hot flushing feeling in my face</p> <p>How did that body sensation make you feel?</p>	<p><i>Example:</i> He doesn't want to make any changes and doesn't seem to care as much. Image of myself trying so hard to do it all by myself.</p> <p>Did you have thoughts about another person's transgression? Record any thoughts or images that went through your mind.</p>	<p><i>Example:</i> Lost my temper, shouted at him and stormed out.</p>	<p><i>Short term – I felt powerful when I was shouting, as he could hear me well.</i></p> <p><i>Long term – Not sure he will stay with me if I carry on like this.</i></p> <p>What were the short term and long term consequences?</p>