

# Anger Diary

<b>Date / Time</b>	<b>Trigger</b> What had happened just before you felt angry?	<b>Emotion</b> How did you feel at that time?	<b>Body sensations</b> What did you feel in your body?	<b>Thoughts</b> What was going through your mind?	<b>Behavior</b> How did you react? What did you do?	<b>Consequences</b> 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>



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