

# ***AN ANGER JOURNAL***

**Use this exercise to become more familiar with your escalation process, to get more information about your “triggers” and cues, and to come up with more effective ways to handle your anger when it arises.**

- 1) Describe the situation where you became angry (e.g. who was involved and what happened?)**
- 2) How angry did you become during the situation (on a scale from 1 to 10)? \_\_\_\_\_**
- 3) What were your expectations, assumptions, or negative self-talk:**
  - ABOUT THE OTHER PERSON**
  - ABOUT YOURSELF**
- 4) What other cues did you experience (e.g. physical, emotional, trigger words/phrases)?**
- 5) What were the emotions underneath your anger (what feelings was your anger hiding in this situation)?**
- 6) What did you want (i.e. what was your goal) in this situation:**
  - FOR YOURSELF**
  - FOR THE OTHER PERSON**
- 7) What was the connection between your negative self-talk and your emotions (anger and the other feelings)?**
- 8) What situations from the past (e.g. from your childhood) were similar to this one in terms of your self-talk and feelings? How were they similar?**
- 9) What positive self-talk did you use (or could you have used) to calm yourself down?**
- 10) What did you like about how you handled this situation?**
- 11) What didn't you like about how you handled this situation and what would you do differently in the future?**
- 12) Ask yourself the following questions about this situation:**
  - *Was your anger justified? Was someone or something really “out to get you?”***
  - *Was your anger useful or helpful? Did it lead to an effective response or a constructive action?***
  - *Did you feel proud about how you handled the situation afterward?***