

Anger Management Log

Date and time: _____

Briefly describe what triggered your anger, where you were, what you were doing, what happened, and how you responded:

Rate your anger on a scale of 1 - 10 and use a descriptor (i.e. furious, annoyed, enraged, frustrated, heated, etc.):

How did you first notice that you were angry? Where in your body did you feel it? Describe what you felt (i.e., A knot in your stomach? A headache? Tension in your muscles? A feeling of heat?, etc.):

What thoughts were you having as you got angry?

Did you form any judgments? What were they, and how did the judgments distort your understanding of the other person?

What beliefs led you to the anger path in this situation? (How did your assumptions and interpretations of the situation contribute to your anger? What beliefs was your anger based on? An important step in anger management is noticing beliefs that can lead to justifying anger and challenging them.)

What were the primary emotions that you felt? (Anger is a secondary emotion. Beneath anger lie the primary emotions that trigger it. Some examples include the following: I felt startled or surprised; scared or afraid; hurt – describe what hurt; abandoned; alone; sad; hopeless; like I failed; like I don't count or matter; like it's always my fault; worthless; unlovable;

disregarded; etc. It is very important to learn about these primary emotions - what was underneath your anger, and to begin practice expressing these emotions, rather than the anger):

What were your unmet emotional needs? (Difficult or negative primary emotions result from unmet emotional needs. If you let the emotions progress to anger and then act the anger out, it is unlikely that you will get your emotional needs met. But, if you identify your emotional needs, you can work directly to fulfill them--or to soothe yourself if they cannot be immediately gratified. By identifying your emotional needs you develop strong emotional intelligence and prepare yourself for more powerful anger management next time those needs arise. Some examples are; I needed to be seen and heard or affirmed in some way; I need to know that I matter to you; I need to feel like I am valued; I need to feel connected to you; I need feel like I am doing it well or right; etc.)

What factors made you more prone to anger in this situation? (Sometimes we get angry because we're hungry or tired. Other times, a repetitive situation sets us off. If other factors contributed to your anger, it's a good idea to know about them. Maybe next time you can deal with them and stay calm.

What anger management steps did you apply? (Did you take a time-out? If so, how did you do it, and what self-soothing or self-care techniques did you use to lessen the intensity of the anger?):

How effective were you? Did it work well, or do you need to try a different approach next time? What would you like to do next time?

What did you do relationally to repair any damage that resulted from your anger?
