

# Anger Diary

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