

Anger has a tendency to build silently outside of awareness before growing out of control. Keeping an **Anger Diary** can help you better understand this emotion and respond to it more effectively.

Instructions: Review the terms below and then complete a diary entry after each anger episode.

Terms	Definitions	Examples
Trigger	something that sets off your anger	<i>getting laughed at, dirty dishes in the sink, a comment from your partner, not getting a job offer</i>
Warning Signs	the feelings, sensations, and behaviors that tell you your anger is building	<i>feeling irritated, clenching your fists, wanting to argue, raising your voice, getting defensive</i>
Response	your reaction when your anger is at its peak	<i>swearing, yelling, saying or doing something hurtful, breaking something, storming out of the house</i>
Outcomes	the result of your anger response	<i>scaring people around you, losing trust, damaging a relationship, getting fired, feeling guilty</i>

Entry #1	Trigger	
	Warning Signs	
	Response	
	Outcomes	

Entry #2	Trigger	
	Warning Signs	
	Response	
	Outcomes	

Entry #3	Trigger	
	Warning Signs	
	Response	
	Outcomes	

Entry #4	Trigger	
	Warning Signs	
	Response	
	Outcomes	

Entry #5	Trigger	
	Warning Signs	
	Response	
	Outcomes	

Entry #6	Trigger	
	Warning Signs	
	Response	
	Outcomes	

Entry #7	Trigger	
	Warning Signs	
	Response	
	Outcomes	