

# 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>Behaviour</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>