

Anger Log

Date: _____

1. Describe the event that triggered your anger & how you responded:

2. Give a synonym for your anger level (furious, annoyed, enraged, etc.), and rate your anger on a scale of 1 – 10.

3. What were the first symptoms of your anger—how did you first notice you were angry?
 - Thoughts/judgments:

 - Body sensations:

4. What were the primary emotions that you felt?

5. What were your unmet emotional needs?

6. What factors made you more prone to anger in this situation?

7. What beliefs led you to the anger path in this situation?

8. What cognitive distortions did you experience?

9. What anger management steps did you apply? What would you like to do next time?

10. What amends do you need to make? To yourself? To others?