

Anger Diary

Date / Time	Trigger What had happened just before you felt angry?	Emotion How did you feel at that time?	Body sensations What did you feel in your body?	Thoughts What was going through your mind?	Behavior How did you react? What did you do?	Consequences What happened and how did you feel as a result of your actions? Is there anything you could have done differently to change the outcomes?

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Saturday 12:00pm	Having a conversation with my wife about the children	Angry	Could feel it boiling in my stomach – and hot flushing in my face	<p>She doesn't think I'm capable of taking care of them properly</p> <p>Image of myself as a little boy when Mom would undermine me</p>	<p>Lost my temper and shouted at her</p> <p>Stormed out</p>	<p>Short term – I felt powerful when I was shouting, that was better than feeling undermined</p> <p>Long term – not sure if she will stay with me if I carry on like this. Makes her less likely to think I am capable.</p> <p>Next time – take a few moments to collect my thoughts before saying anything. Think of solutions instead of what made me mad.</p>