

Anger Diary Worksheet

INSTRUCTION: Find a quiet, private space where you can reflect and write without interruptions. Set aside a few minutes each day or after a particularly intense situation to complete the Anger Diary.

DATE.....

TIME.....

Describe the situation or event that led to your anger

Example: "I was at work, in a meeting with my boss, discussing the latest project deadlines."

What specifically triggered your anger?

Example: "My boss criticized my work in front of everyone."

Rate your anger on a scale of 1 to 10 (1 being calm, 10 being extremely angry).

Describe any physical sensations you felt when you were angry.

Example: "I felt my heart racing and my face getting hot."

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What thoughts went through your mind when you were angry?

Example: "I thought, 'This is so unfair, I work hard, and this is how I'm treated!'"

How did you react immediately to the situation?

Example: "I snapped back at my boss and defended my work."

What were the immediate and longer-term consequences of your reaction?

Example: "The meeting got tense, and my boss was not pleased. I felt guilty afterward."

Looking back, what would you do differently if you could?

Example: "I could have taken a deep breath and responded calmly, asking for feedback privately."

What strategies can you use in the future to manage your anger?

Example: "Next time, I'll practice deep breathing before responding."
