

# Anger Management Journal

Understanding your history with anger can provide valuable insights into what triggers outbursts and damaging behavior (Karmin, 2017).

Think of a recent time or event when you were angry.

Answer the following questions openly about what happened and how you responded:

## When did it happen?

Date and approximate time of day.

## Where did it happen?

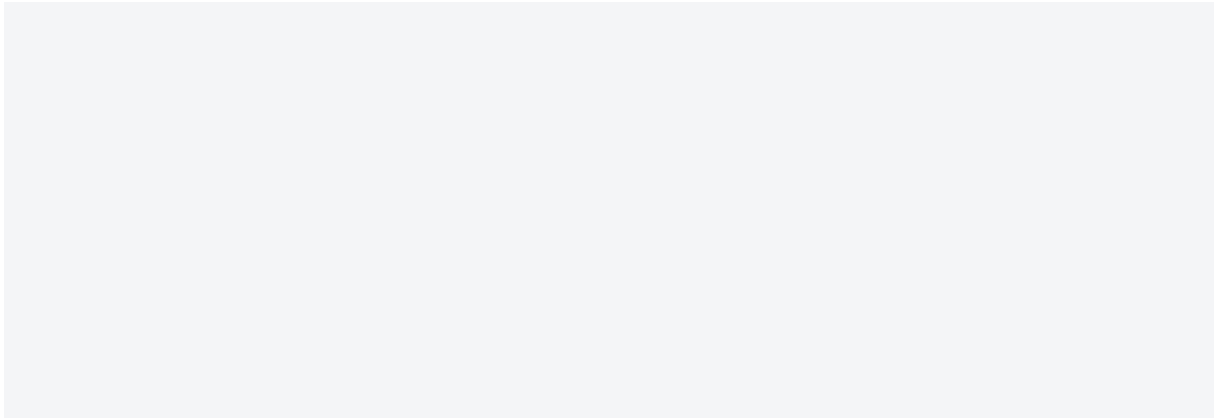
For example, at home/work/etc.

## What happened? What was the triggering event?

For example, somebody said or did something; You said or did something; Someone bossed you around or treated you unfairly; You did not get what you wanted; etc.

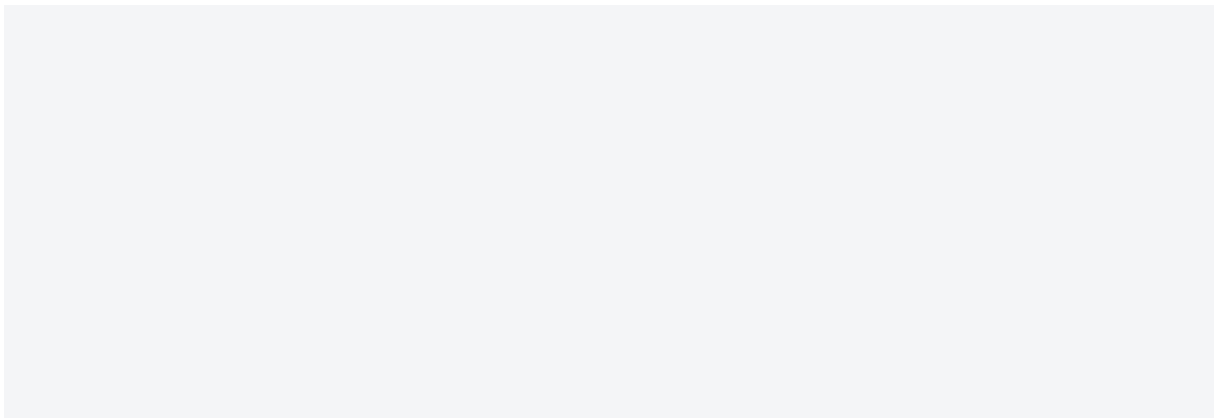
**What physical reactions did you experience?**

For example, increased heart rate, perspiration, faster breathing, etc.



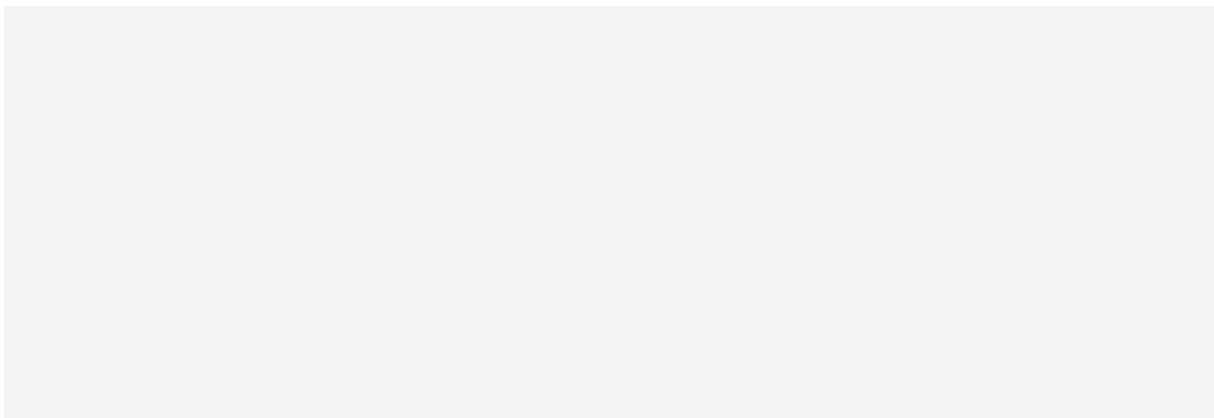
**What negative thoughts fuelled your anger?**

For example, they were trying to ruin my day, make me angry, make me look stupid, etc.



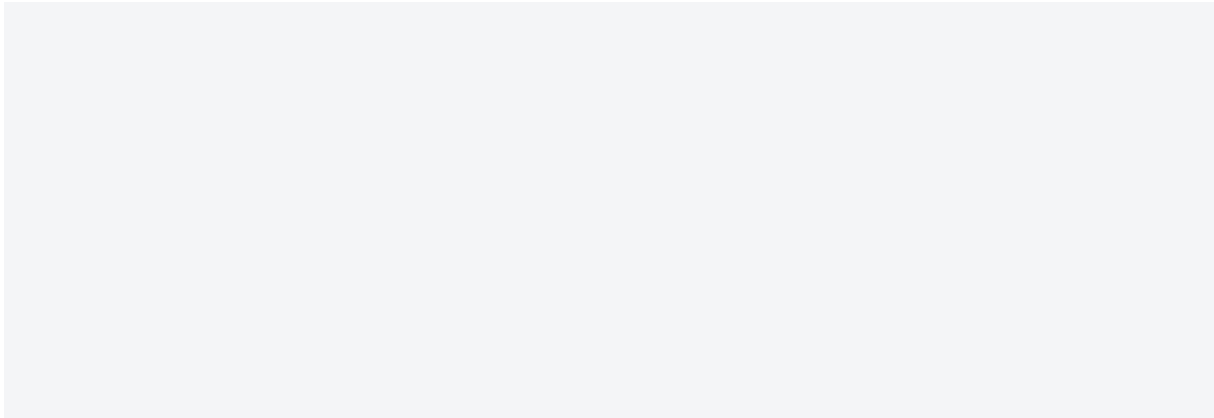
**How did you react? What was the outcome?**

For example, I yelled, swore, behaved violently, threw something, etc.



### How do you think you could have done something differently?

For example, I could have stepped away, thought of the situation from another perspective, etc.



Once you have captured several incidents of anger, you can begin to identify patterns and plan coping mechanisms to use in the future.

### References

- Karmin, A. (2017). *Anger management workbook for men: take control of your anger and master your emotions*. Althea Press.

Dr. Jeremy Sutton