

## Keep An Anger Diary

When there is no one around to talk to, or ask for additional help, it can be valuable to capture thoughts and feelings and self-reflect regarding angry episodes (Collins-Donnelly, 2012).

Use the table below to capture events or episodes that have led to feelings of anger.

Complete the following worksheet:

Date	I got angry because:	How did I react?	What were the consequences?

Once a week, review the list. Reflect on how you reacted to the situation and the consequences.

Ask yourself, could I distract myself in future to avoid or reduce my angry reaction, for example:

- Do something else instead
- Count to ten
- Take deep breaths
- Think happy thoughts

Try some of these techniques out in similar situations.

Managing emotions and difficult situations can become a learned habit that helps the individual over the long term.

## References

- Collins-Donnelly, K. (2012). *Starving the anger gremlin: A cognitive-behavioral therapy workbook on anger management for young people*. London: JK.

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